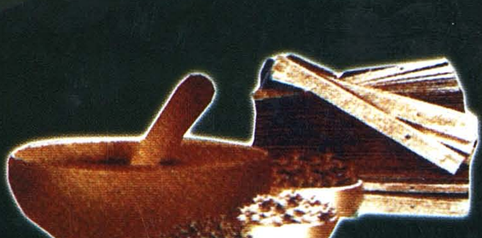
SIDDHA MEDICINE

VOLUME V

DISEASES RELATED TO PITTHA



Tamil Valarchi Kazhagam
Chennai-600 005

SIDDHA MEDICINE

VOLUME V : DISEASES RELATED TO PITTHA

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2010

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Foreword

This book on diseases related to *pittha* is the fifth volume in the series on Siddha Medicine, being brought out by the Tamil Academy in both Tamil and English with a view to catering to the clinical and research needs of the native students and practitioners of the Siddha system of medicine, as also to securing for this Siddha medicine an international academic recognition which it richly deserves. For, in several instances, Siddha approach to the patient, medicine and treatment runs parallel to that of modern medicine. As such, Siddha medicine could be a significant complement to modern medicine in a variety of ways. More importantly, a comparative study of these two systems vis-á-vis the maladies, their signs and symptoms, the cure and the medicines should contribute to the strengthening and enrichment of the discipline of medicine as a whole, apart from extending the boundaries of medicine.

Dr K. Rajeswari has written this volume in Tamil and has also translated it into English. A ripe teacher of Siddha at the tertiary level and its researcher for more than three decades, she has brought her scholarship and clinical experience to bear on this volume in a rewarding degree. The authority with which she deals with the fundamentals of physiological humours as conceptualized by the native Siddhars of the Tamil soil, her comprehensive understanding of *pittha* diseases and the immense body of herbs and minerals she has drawn on from the Siddha corpuses that go into the preparations of medicines for various ailments should make this volume an abiding text of reference at all levels of study and practice. The Tamil Academy stands in debt to her, as also to her husband Dr V. Subramaniam, former Joint Director of Indian Medicine and Homeopathy and former Principal, Government Siddha Medical College, Palayamkottai, Tamil Nadu.

The publication of these eight volumes has been made possible through the generous financial assistance extended by the Department of Ayush, Ministry of Health and Family Welfare, Government of India, under the Central Sector Scheme for 'Acquisition, Cataloguing, Digitization and Publication of Textbooks/ Manuscripts'. Tamil Valarchi Kazhagam is appreciative of and grateful to the Government of India for their considered gesture in this regard.

The Tamil Academy also owes its gratitude to Dr V. Murugan who has edited the language, Dr P. Arthanareeswaran and Dr A. Marudhamuthu who have been the editors of the Academy's Projects, Thiru K. Selladurai who has done the typesetting and formatting, and M/S Pavai Printers Private Ltd. who have printed this volume.

Dr V. C. Kulandaiswamy
President
Tamil Valarchi Kazhagam

Introduction

The aim of this book is to deal with Pittha Group of diseases in the Siddha System of Medicine. Siddhars classified diseases into different categories. The classifications are symptomwise, organwise and in some places agewise also. Some diseases are grouped on the basis of treatment also. Diseases pertaining to women and children are dealt with separately in each chapter. So classification of diseases is varied.

Although there are varied types of classifications, all these diseases occur only due to the defective functioning of three basic factors called *vātham, pittham* and *kabam* in the body. Hence Tamil Valarchi Kazhagam decided to publish books on Siddha Marutthuvam based on the basic factors of *vātham, pittham* and *kabam.*

In Chapter I, the general and fundamental aspects of *pittham* or *azhal* are discussed. The factors like formation, distribution, functions in the normal course, changes which occur due to dietetic and environmental aspects, changes in climate, land forms, seasons, etc., are explained here. These factors have to be borne in mind while examining the patient to know whether the abnormality of *pittham* is of physiological or pathological nature.

Pittham or *azhal nōygal* (diseases), according to **Yugi Vaidhya Chinthamani**, are 42 in number. Here the *azhal* or *pittha thāthu* gets affected directly. The details about these 42 diseases are explained in the chapter on *Pittha* Diseases . Many of the functional disorders of body and mind are discussed here. Many simple remedies are also suggested for the benefit of the readers.

The chapter on fever and its varieties deals with different kinds of fever that occur due to various internal and external factors. Many of the varieties are comparable to modern theories on diseases.

The therapeutic aspect of fever is dealt with separately in the next chapter.

The line of treatment for any disease is important in Siddha System of Medicine. Medicines are prescribed only on the basis of this systematic framework. This scientific procedure is adopted in the treatment aspect of all individual diseases in this book.

There are 32 forms or types of internal medicines and 32 forms of external medicines in Siddha System. Here in this book, the following common forms of medicines for different diseases are explained in different formulations.

1. Herbal juices, raw or heated, individually or mixed with other herbs
2. Decoctions (*kudinīr*)
3. Powders in many varieties like *parpam, chendūram, chunnam, chūranam* and *karpam.*
4. Oil in different varieties (both internal and external)
5. Many other domestic forms of items like *karkam, vatakam, pittu, adai,* ghee and butter form.
6. Tasty preparations like *manappāgu, lēghiyam* and *rasāyanam.*
7. Paste-like form of *mezhugu,* and
8. Tablets and pills.

Herbs, metals, minerals and products of animal origin are used in the formulation and preparation of medicines.

However, it is important to note that herbal preparations should be considered as the first choice of medicine for any disease. If it is not found effective, then we have to go in for other metallic and mineral preparations of medicine.

Here in this book, this important aspect is taken into consideration and treatment is given accordingly.

For some diseases, *kalikkam, nasiyam* and *agranam* types of external medicines are also described.

In Siddha System, the metallic and mineral preparations like *parpam, chendūram, chunnam, mezhugu,* etc., are prepared after purification of the given metals and minerals by treating them with many herbal juices and by involving them with various other techniques of purification as mentioned in literature.

These preparations in practice are widely used. A single preparation will be effective for various disorders when it is given with different vehicles or adjuants (*anupānam* or *thunai marunthu*). Hence while prescribing the medicine, the practitioner should be very careful in this aspect.

In the same manner, diet is also an important factor in the treatment aspect. The diet suitable for each individual disease is explained with treatment in this book.

Apart from Fever, Disease of Tastelessness, Diseases of the Mouth with *akkaram*, Disease of Thirst, Anaemia, Jaundice, Diarrhoea and Dysentery are dealt with in other chapters. The aetiology, signs and symptoms, treatment and dietetic factors are discussed elaborately in these chapters.

I am very much thankful to Tamil Valarchi Kazhagam for giving me the opportunity to write this book on *Pittham* (*Azhal*) and its types of diseases. I feel that this book will be very useful to the students of Siddha Medical colleges and all other Siddha medical practitioners. As the book is in simple form, other persons interested in knowing about Siddha Medicine will also get benefited from the book.

I wish to express my gratitude to the President of the Academy Dr V.C. Kulandaiswamy who has given me this assignment and a lot of encouragement in writing this book.

I wish to express my sincere thanks to my husband Dr V. Subramaniam M.D. (Siddha), former Joint Director of Indian Medicine and Homeopathy and former Principal, Government Siddha Medical College, Palayamkottai, for his immense help in writing this book.

My thanks are also due to Dr S.N. Deivanayakam and Dr J.R. Krishnamoorthy for their valid suggestions and corrections and to Thiru K. Selladurai who has done the typesetting and formatting.

Dr K. Rajeswari

1

Pittha and its Characteristic Features

Introduction

Pittha is one among the three life factors (*uyir thāthu*) in the body. This is formed by the fire *(thī)* element which is one among the five basic elements (five *bhūthas*). *Pittha* or *pittham* is the term mostly used in Siddha original literatures. In later days, in order to bring out Tamil terminology, the word *azhal* is used to replace the word *pittha*. In this book, wherever the words *azhal*, *thī* and *anal* are used, they represent only *pittha*.

Shape of *pittha*

Among the five elements, the earth (*man*) has the character of smell; the water *(nīr)* has the character of coolness; the fire (*anal*) has the character of hotness; the air has no shape, but possesses energy and potency. All these are in atomic form and in stable condition. Their functions always keep changing (appearing and disappearing). Hence the natural shape of fire or *pittha* is atomic. The above facts are mentioned in the following stanza:

Man nīr anal kāl enum nāngum
Niralē nātram tatpam thitpam
Uruvil ūtra mudaiya vāki
Meipporul azhiporul ena iruvagaiya
Anukkal meiporul kāriyam azhiporul

The character of hotness and sharpness will modify its function to that of melting, liquefying and solidifying when it gets combined with variant

or different substances. For example, when salt is put in hot sun, it becomes solidified; when the solid form of palm jaggery is put in hot sun it melts; when solidified ghee is put in sun or heat, it melts and is liquefied. Hence a substance, when it functions, gives the same characteristic features on those substances it is acting upon. Hence the shape of *pittha* is considered similar to that of fire or *azhal.* This is mentioned in the literature as

Kathirōn varaippin kattanal udambu

The seats or living places of *pittha*

Pingalai (one among the ten vital channels-*nādi*), *prānan* (one among the ten vital airs), urinary bladder, *mūlākkini* (a fire in the *mūlāthāram* - a nerve plex in the lower part of spinal cord), heart, and head are said to be the places where *pittha* lives according to the treatise *Tamil Vaidhya Sadhagam.*

Apart from this, umbilical area, abdomen, stomach, sweat, saliva, blood, digested food essence (*sāram*), eyes, skin, urine and lower part of the neck are the places where *pittha* sustains, according to the siddhars Yūgi and Thirumūlar.

Natural characteristics of *pittha* are:

- Digesting power
- Heat-producing character
- Vision
- Appetite
- Thirst
- Taste
- Light-producing power
- Thinking power
- Intelligence
- Strength, and
- Softness

Functions of *pittha*

- Producing heat in the body
- Giving reddish or yellowish colour
- Production of heat at the time of digestion and assimilation
- Causing sweating
- Producing syncope
- Increasing the quantity of blood and letting out the excess blood
- Giving yellowish colouration to the skin, eyes, face and urine
- Anger, uncivil behaviour, non-moving, schizophrenic, leanness and producing burning sensation, and
- converting any taste into bitterness or sourness.

Types of *pittha*

According to the place and function, there are five types of *pittha.* They are:

1. *Anal pittham* (hot *pittham*)

Pāsakam and *ākkanal* are the other names of this. This has the character of the element of fire. This character of *pittha* in the stomach makes the liquid types of food into dry ones and digests all the food in the stomach. This *pittha* is considered the basic factor of digestion.

2. *Ranjaka pittham* (colouring *pittham*)

This is otherwise called *vanna eri* (colour burn). This *pittha* has the character of. increasing the blood. It lies in the stomach and gives reddish colour to the chyme of the food.

3. *Sāthaga pittham* (attainment *pittha*)

This is otherwise called *ātralangi* (potentiating *pittha*). This has the character of completing the job. The seat of this *pittha* is heart. With the help of knowledge, intelligence and determination, this *pittha* performs the desired job.

4. *Prāchaga pittham* (lighting or shining *pittha*)

4. *Prāchaga pittham* (lighting or shining *pittha*)

This is otherwise called *ulloli thī* (*pittha* of internal light). It lives in the skin and gives shining and complexion to the skin.

5. *Ālōchaga pittham* (*pittha* of vision)

This is otherwise called *nōkkazhal* (*pittha* of sight). This lives in the eyes. It helps to visualise all objects.

The nature of *pittham* aggravated in its own places and at other places and coming to normal

If one, along with the qualities of *pittha*, takes cool substances, disease will occur in places where *pittha* specially sustains. If, along with the qualities of *pittha*, one takes more heat-producing substances, disease will occur not only in the places of *pittha* but also in other places. Along with *pittha* qualities, if one takes dull and cool substances, *pittha* will become normal and there is no disease in the body. This is the philosophy of the siddhars.

Features of *pittha* type of body

The following are the general features of a person having *pittha* type of body in a collective form, according to siddha literatures:

- There will always be a sense of heat in the body.
- The muscles surrounding the bones and joints will be lesser.
- Sweat will have bad odour.
- Skin will be in a wrinkled condition.
- Face, palm and sole will be reddish yellow in colour.
- Eyelashes will be thin.
- Eyes will be reddish in times of anger, appetite, being in hot sun and drunkenness.
- The hair in the head will be a lot grey and to some extent yellow.
- The hair on the body will be fewer.
- On the face a lot of pimples will be seen and on the body there will be a lot of black moles.

- There will be a marked desire for things of sweet, astringent and bitter taste and for cold substances.
- There will be no need for increased food.
- He cannot contain appetite, thirst, anger, heat and fear.
- There will be desire for scented flowers, sandal applications and for other self-decorations.
- Reduced sexual desire.
- Things of virtue like courage, strength, ability, civilities, clear knowledge, gracefulness, control of the tongue, love and education will manifest.
- In dreams blooming trees and objects on fire will be seen.
- These persons will lead a healthy life upto 65 years.

Features of vitiated *pittha* being on the rise

- Eyes, skin, urine and faeces will get yellowish colouration.
- There will be excessive appetite and thirst.
- There will be excess of burning sensation in the body.
- Sleep will be less.

Features of vitiated *pittha* being low

- There will be loss of appetite.
- Body will be cold and chill.
- Body will be turn lustreless.
- *Kaba* factor gets deranged.

Uyir azhal (*pittha* the life force)

The *uyir azhal* or *pittha* the life force is in its condition only when the following factors, which are essential for the effective functioning of the body, are in good condition. They are:

- The three vital forces of *vātha, pittha* and *kaba*
- Seven body constituents: *sāram* (chyme or digested food essence), *sennīr* (blood), *ūn* (muscle), *kozhuppu* (fat), *elumpu* (bone), *mūlai* (bone marrow and neurons), *vennīr* (semen and ovum)

- Three *malams* (faeces, urine and sweat)
- Five sense organs (eye, ear, nose, tongue and skin)
- Five organs of action (mouth, hands, legs, vaginal orifice and anal orifice)
- Mind
- Ten types of air (*prānan, abānan, vyānan, uthānan, samānan. nāgan, kūrman, kirukaran, dēvadattan* and *dananjeyan*)
- Ten types of *nādi* (ten channels, viz, *idaikalai, pingalai, suzhumunai, siguvai, purudan, kānthāri, atthi, alampudai, sangini* and *guku.*

Uyir anal is otherwise called *uyirākkini, sīvākkini* and *kukkianal.* This *uyir anal* is the one which helps to protect not only the physical body, but also the subtle body.

This *uyir azhal* is considered the head of all diseases caused by the three life forces.

Uyir anal is the helping factor for the subtle body which includes 4 *anthakaranas* or the inner seats of thought and feeling (*manam, buddhi, siddham* and *akankāram*) and 5 *thanmātthiras* or subtle elements (*ōsai, oli, ūru, suvai* and *nātram*).

Uyir azhal is the one which protects all the ten *vāyus* (air channels) as does a mother. It divides the air into five types of major air channels and into other five types of sub-air channels.

Uyir anal acts as a father when it protects the nine orifices (ear 2, eyes 2, nose 2, mouth 1, vagina or penis 1, *anal* orifice 1) which have the tendency to change positions often, and facilitates the functions of other organs of the body.

Uyir anal is said to be the causative factor for the *prānan* or life force to be present in the body. It helps *prānan* secure a seat in the body. *Uyir anal* acts as a light by which to perceive whether *prānan* will leave the body or not.

2

Pittha Diseases

Introduction

In the siddha tradition, *pittha* disease aspects are mainly informed by Yūgi's principles. According to Yūgi, *pittha* when aggravated produces the following symptoms:

excessive salivation
vomiting
syncope
giddiness
impairing of blood strength
vomiting of bile

The following are the factors which make *pittha* get aggravated:

- intake of excessive sour (*pulippu*), pungent (*kārpu*) and saltish (*uvarpu*)-tasting food substances
- distress of the mind
- excessive exposure to fire and hot sun for long hours.
- excessive anger
- sleeplessness
- eating unbaked foods
- excessive indulgence in sexual activity

Due to the above factors, the heat produced from the abdominal area spreads upto the area of neck and increases the *pittha thāthu*.

Premonitory symptoms

Excessive salivation, bitterness in the mouth, thirst, hiccup, nausea, sensation of heat in the body, excessive sweating, aloe smell or foul smell in the body, itching sensation in the body, scabies, dryness of skin, decline of vision, pallor or yellowish discolouration of face, stoppage of urine formation, burning sensation and frequent diarrhoea. Some or many of these symptoms betray *pittha* diseases.

The *pittha* diseases will get aggravated in the months of Āvani, Purattāsi, Aippasi and Kārthigai in a year. They will get decreased during Mārgali and Thai months. Again, they get aggravated in the months of Panguni and Chithirai.

Classification of *pittha* diseases

There are different schools of thought as regards the number of *pittha* diseases dealt with in Siddha literatures. Twenty-one *pittha* diseases are mentioned in the treatise *Thēraiyar Vāgadam*. They are as follows:

1. *Azhal pittham*
2. *Suzhal pittham*
3. *Mayakkum pittham*
4. *Kuzhal pittham*
5. *Irul pittham*
6. *Siddha vippiramaip pittham*
7. *Āmalap pittham*
8. *Anjakarap pittham*
9. *Suzhip pittham*
10. *Āvarup pittham*
11. *Nēthirap pittham*
12. *Mavunap pittham*
13. *Sukkilap pittham*
14. *Mathip pittham*
15. *Viranap pittham*
16. *Ōdal pittham*
17. *Anatthum pittham*

18. *Kāmālaip pittham*
19. *Ilam pittham*
20. *Satthi pittham*
21. *Arivazhintha pittham*

But Yūgi has classified *pittha* diseases into 42 varieties. The names are as follows:

1. *Āvuru pittham*
2. *Āmilap pittham*
3. *Unmāthap pittham*
4. *Thamanthap pittham*
5. *Vāthap pittham*
6. *Vannip pittham*
7. *Silēttumap pittham*
8. *Surōnithap pittham*
9. *Vikārap pittham*
10. *Viranap pittham*
11. *Uratthap pittham*
12. *Ratthap pittham*
13. *Kāsap pittham*
14. *Suvāsap pittham*
15. *Sem pittham*
16. *Karum pittham*
17. *Karappān pittham*
18. *Ajīranap pittham*
19. *Arusip pittham*
20. *Erip pittham*
21. *Azhal pittham*
22. *Thudip pittham*
23. *Vidap pittham*
24. *Athisārap pittham*
25. *Mūla pittham*
26. *Muthir pittham*

27. *Kandap pittham*
28. *Ōdu pittham*
29. *Mūdu pittham*
30. *Nadukkup pittham*
31. *Kabālap pittham*
32. *Sartthip pittham*
33. *Dhākap pittham*
34. *Vikkal pittham*
35. *Kshayap pittham*
36. *Thimirp pittham*
37. *Valip pittham*
38. *Sīthap pittham*
39. *Kirumip pittham*
40. *Asāthiyap pittham*
41. *Mārgap pittham*
42. *Marunthīdu pittham*

Some siddhars have stated that there are only 40 varieties of *pittha* diseases.

Signs and symptoms of each type of *pittha* diseases

1. *Āvuru pittham* (maniac *pittha*)

In this disease, the body would be in a hot dry condition. There would be excessive thirst, cough with expectoration, obesity, increase of body temperature, sour taste in the mouth and yellowish discolouration of faeces and urine. Other symptoms like blinking without talking much, dancing, shouting with a loud noise and running around often are also present in this disease.

In this disease, the following symptoms of mania are described. They are, 1. looking steadfast here and there with talking, 2. dancing, 3. yelling, and 4. frequent rising from sleep and running.

2. *Āmilap pittham*

Blackish discolouration of body, turning the head in a frenzy of excitement, vomiting of the undigested food the next day, the vomit having a sour and bitter taste, feeling of tiredness in the extremities, hiccup and distention of abdomen are present.

3. *Unmātha pittham* (schizhophrenic *pittham*)

In this disease, the body will be trim. There would be excessive appetite and headache. Sitting always in the same place, being like a dumb person, sleeplessness, dribbling of saliva from the mouth and mental confusion are the other symptoms.

In this disease, symptoms of katatonic schizophrenia are described. Especially sitting in the same place, being like a dumb person, awakening state without sleep and mental confusion are the important symptoms of this disease.

4. *Thamanthap pittham* (*pittha* with a silent mood)

In this disease, the patient would remain like an alcoholic without consciousness. Twitching of the body will be seen. Dryness of the tongue and yellowish discolouration in the lower part of the tongue are also present. He would be like a dead body and give no response to any call. Frequent thirst, excessive intake of food and maintaining a silent mood are also present.

5. *Vāthap pittham* (*pittha* affecting eyes)

There would be irritation and burning sensation in the eyes. Vitreous objects will also be seen by the eyes. Lacrimation will also be present in the eyes and the eyes will be in a state of irritable condition. The person will also have sweat all over the body and there would be syncope, vomiting and dyspepsia.

6. *Vannip pittham* (*pittha* with fire)

There would be pain in the stomach. The burning pain will go up to head as a fire. There will be loose motion with blood and mucous. Sometimes, it will be black in colour. The body will be pale. Giddiness and syncope may

be present. Dyspepsia, burnt condition of the tongue, and sour taste of the mouth will also be seen.

7. *Silēttumap pittham* (*pittha* with *kaba*)

In this *pittha* disease, *kaba thāthu* joins together with *pittha*. So there will be paleness all over the body with rigour and body pain. Getting angry, syncope and mental upset will also be seen. And also cough, green discolouration of the eyes, excessive appetite, frequent sneezing and headache will manifest.

8. *Surōnithap pittham* (*pittha* with loss of *surōnitha thāthu*)

In this disease, the *surōnitham* - one of the seven body *thāthus*—gets dried up. So there is pain all over the body and joints get diseased. The pain in the body will be like that of a thorn pricking the body. Excessive thirst, weakness of the body, increased headache, mental weakness, vomiting and expectoration will be present.

9. *Vikārap pittham* (*pittha* with depressive psychosis)

In this disease, there are loss of sleep, bitterness in the mouth, unwillingness to speak, inflamed and reddish eyes, pallor on the body, pain and burning sensation in the body, vomiting, syncope, unsteadiness of mind, excessive salivation, dyspepsia and loss of appetite. The symptoms of this disease will be like that of depressive psychosis.

10. *Viranap pittham* (*pittha* with ulceration)

In this disease, there would be parasthesia, swelling. itching and ulceration in the body. Bitterness of mouth, irregular pulse (arrythmia), reddish colouration of penis (inflamed penis), awakening from the sleep in fear, and excessive salivation will be present.

11. *Uratthap pittham* (*pittha* with a shouting tendency)

In this disease, there would be symptoms like excess anger, frequent fighting tendencies, making a noise by excessive shouting, frequent diarrhoea,

not being able to understand which is good or bad, reddish eyes, sleeplessness and becoming obese day by day.

12. *Ratthap pittham* (*pittha* with blood disease)

In this disease, there will be severe cough with expectoration and sputum with blood. The body gets emaciated day by day. Lower abdomen goes inward. Saliva will be with fleshy smell. Body gets weakened. Severe pain will be present in the hip region.

13. *Kāsap pittham* (*pittha* with cough)

This disease occurs if *pittha* gets deranged when the patient is already suffering from cough. There will be symptoms like cough, stomach disturbances, hiccup, vomiting, pain in the whole body, dryness of the body due to excessive body heat, hoarseness of voice, excessive salivation, desire for sweet substances, sorrowfulness and heaviness of chest.

14. *Suvāsap pittham* (*pittha* with dyspnoea)

In this disease, there will be symptoms of bronchial asthma, dyspnoea, distention of abdomen, pain all over the body, excessive salivation like a fountain, syncope, dimness of vision, cough with severe chest pain and loss of appetite.

15. *Sem pittham* (*pittha* with redness)

There will be copper metallic taste in the mouth and vomiting. Vomit will be reddish in colour. There will be constipation, and the stool will be reddish in colour. Sweating and syncope will be present. Sweat will also be reddish in colour. There will be frequent fear. Body will be reddish like morning sun.

16. *Karum pittham* (*pittha* with black colour)

In this disease, there will be lassitude and shivering of the body and head. Other symptoms like headache, sleep following the headache, redness at the edge of eyes, seeing of vitreous objects, body becoming obese due to excess *pittha*, loss of taste in the tongue, loss of appetite and black-coloured vomiting will be present.

17. *Karappān pittham* (*pittha* with eczema)

In this disease, there will be itching all over the body with severe pain. Eruptions may also occur in the body. Frequent diarrhoea with a rumbling stomach, cough with tightness of chest, legs becoming weakened, and pain and parasthesia in the hip will be present. Body becomes blackened.

18. *Ajīranap pittham* (*pittha* with indigestion)

In this disease, symptoms like heaviness of stomach, loss of appetite, blackish colouration of the body, shivering, constipation, eye sore with lacrimation, headache, rumbling noise in the stomach, pain in the lower abdomen, dyspepsia, weakness in hands and legs, salivation like sour coconut milk will be present.

19. *Arusip pittham* (*pittha* with tastelessness)

In this disease, there will be tastelessness, refusing to eat, vomiting with stomach disturbance, mental confusion, giddiness and syncope. There will be thickness and loss of sensation at the lower part of the tongue. Sleeplessness and burning sensation of the mouth and body will be present.

20. *Erippittham* (*pittha* with a burning sensation)

In this disease, the lower thigh, sole of both legs, eyes and palms will have a burning sensation. There will be dryness in both nostrils and ears. There will be numbness in the back and in both legs and hands. The burning sensation is unbearable and so the person will very much like to be in the air.

21. *Azhal pittham* (*pittham* caused by *azhal*)

In this disease, the hair gets grayed even in a young age. Pallor of the body and redness at the edge of eyes will be present. The person would act in such a way that he is very intelligent and is a master of several arts and sciences. More involvement in sexual activities will be present.

22. *Thudip pittham* (*pittham* with tics and twitchings)

In this disease, there will be twitching all over the body. Symptoms of pallor on the body with central cyanosis, tastelessness, dyspepsia, dysponoea on running a small distance, dislike of women and frequent quarrelling with everybody will also be present.

23. *Vidap pittham* (toxic *pittham*)

In this disease, the body will be very much tired and bedridden. The patient will always have a desire to tell about his illness to those whom he meets. The toxicity in this disease will go up and down from head to foot. Pain is present all over the body, and he will not be able to eat any food. This disease cannot be cured.

24. *Adhisārap pittham* (*pittha* with diarrhoea)

In this disease, rumbling noise in the stomach will be present. Diarrhoea with pain in the lower abdomen will be present. Flatulence of abdomen, pricking pain along the sides of chest or in the rib area, and pain in joints will also be present. Burning sensation and pricking pain will be present in the liver and spleen. Excessive thirst, syncope, mental depression and loss of taste will also be seen. This is an incurable disease.

25. *Mūlap pittham* (*pittha* with piles)

In this disease, noisy diarrhoea of all the digested materials will be present. Mental depression and anger will be seen. Mental confusion is also a symptom. There will be a projected pile mass in the anal cavity. Pain will be present in lower thigh. Pallor of body, anasarca, and excess sleep with a lazy feeling will also be present. There will be some irritation in the eyes.

26. *Mudhir pittham* (*pittha* in full maturity)

There will be small vesicles all over the body as that of smallpox. Ulcer will form on burst openings of vesicles. The whole body will become yellowish in colour. Urine and faeces will be decreased. The pulse will be very faintly pronounced.

27. *Kanda pittham* (*pittha* in throat)

In this disease, the pharynx and larynx get affected by *pittha.* Due to excess *pittha,* inflammation and swelling occur in the throat. There will be vomiting with bitter taste. At that time, the throat and neck will be in severe pain. The throat will be watery, tongue will be dry, a roaring noise will be heard in the ear. Reddish discolouration of hair will occur. Tonic fits in the sides of the chest will occur.

28. *Ōdu pittham* (*pittha* with a running tendency)

In this disease, the patient will run here and there like a mad man, speaking ill of others. These activities will be pitiable to others. He will clinch his teeth often. The eyes will be reddish like fire. Twitching of eyes, shouting in anger, roaring, dancing, excited looks, aggressively opposing others are the other symptoms similar to that of madness which are present in this disease.

29. *Mūdu pittham* (*pittha* with chronic schizophrenia)

In this disease, the patient will bury the available gold ornaments in different places. He will always talk ill of others whenever he sees other persons. Muttering is another character of the disease. He develops various movements with his hands and legs as a kind of mannerism. He dislikes food. All the above symptoms will resemble that of chronic schizophrenia.

30. *Nadukkup pittham* (*pittha* with shivering)

In this disease, the head, forehead, back of the head and spine will feel hot with shivering. There will be symptoms of bitter tasting vomiting, cough, sleeplessness, excessive salivation and dribbling of saliva over the chest.

31. *Kabālap pittham* (*pittha* in cranium)

In this disease, tremors are seen in the head. There will be pain all over the body with shivering. Piercing headache will be felt. Yellowish discolouration of the body, pain over the nasal bridge, swelling on the face, syncope, not being able to lie in bed are the other symptoms.

32. *Sartthip pittham* (*pittha* with vomiting)

Feeling of parasthesia all over the body, pain in liver, vomiting with bitter taste in tongue, syncope, excessive body heat, tastelessness, impotency, excessive thirst and indigestion are present in this disease.

33. *Dhākap pittham* (*pittha* with thirst)

There will be discomfort in lower abdomen. Sensation of heat in whole body will be felt. The patient will drink more water due to the feeling of excessive thirst. He will have a desire for cold and sour (*pulippu*) substances. Sweating in neck will be seen. There will be twitching below the neck and the tongue.

The symptoms of the above disease are similar to that of polydypsia and peripheral neuritis in diabetes mellitus.

34. *Vikkal pittham* (*pittha* with hiccup)

In this disease, there will be excessive thirst, and vomiting will be present. Hiccup will also join the above symptoms. Body will become cold. Giddiness, inability to lie on bed and dribbling of milk like froth from the mouth are the other symptoms. The whole body and extremities will be very much weak. Mental distress and lassitude will be present.

35. *Kshaya pittham* (*pittha* with symptoms of tuberculosis)

There will be severe cough as in tuberculosis in this disease. A feeling of fever will be present. Body gets weakened. Excessive thirst is felt. Body will have pallor resembling white cotton. Haemoptysis will be seen. Sputum will be thicker. Heartburn and sleeplessness will also be present.

36. *Thimirp pittham* (*pittha* with an adamant character)

In this disease, due to increase of *pittha,* syncope will occur. There will be pricking pain in the stomach. Vomiting occurs every morning. Even in sleep, consciousness will be present without any change. Body will be tired. The patient will always be adamant in his attitude. There will be parasthesia all over the body. He will not be able to walk fast. Due to unclean habits, dirt gets deposited on the body.

37. ***Valip pittham*** **(*pittha* due to *vātha*)**

Inability to walk and pain in the lower abdomen with tonicity will be present. Tongue gets dried. Headache, pain in joints, pain in liver, passing greenish loose motion, body pain with palpitation, burning sensation in stomach and heart block will manifest.

38. ***Sīthap pittham*** **(*pittha* due to coldness)**

Perspiration will be present throughout the body and the sweat will run like water. Syncope will also occur. Body will be heavy and bulging. Muscles of neck will be convulsive in character. Flatulent abdomen is present. There will be severe cough and mental depression. Saliva will be saltish in taste. Urine will be reddish in colour.

39. ***Kirumip pittham*** **(*pittha* with worm infestation)**

Due to coldness, toxicity is formed in the stomach. Because of this, there will be pain and itching all over the body. Urine and faeces get decreased as in the *vātha* disease. Both upper and lower extremities will be cold and swollen. Worms will be present in motion.

40. ***Asātthiyap pittham*** **(incurable *pittham*)**

In this disease, the patient will behave as if he had consumed some alcoholic substances. Sometimes, he will forget about his dress. Due to the heat developed in the body, there will be excessive thirst. He will have an argumentative tendency. Eyes are reddish and mouth is dry. This disease is very difficult to cure.

41. ***Māргap pittham*** **(*pittha* with insane condition)**

In this disease, the patient will speak out what all he has learnt. He will sit. But suddenly he will get up and run. He will tear his clothes. Muttering and singing are also its character. There will be convulsive movements in head and neck and then the body will get tired. The patient will do some other activities also. Body is weak and the mind gets destroyed. He will insult others.

42. *Marunthīdu pittham* (*pittha* caused by drugs)

This disease occurs due to increase of *pittha* by certain unwanted toxic drugs. In this disease, the patient will be sitting silent without speaking to anybody. The body will be swollen, chest will be having a feeling of dryness. A feeling of lethargy, tiredness of the body, wandering here and there without food and sleep are other symptoms. Frequent fearfulness and mental confusion and painful abscess like mass in the umbilical area will also be present.

Treatment methods

Pittha is a life factor which acts both on body and mind. In the body, it is a factor which generates heat. In the mind, it is of *rajō guna* type. This is the normal condition of *pittha*. Because of variableness in dietary factors, etc., this *pittha* gets deranged. Hence the body as well as the mind gets affected. We have to keep it in mind while we treat the patient. The diet and medicine to be prescribed should be such that they reduce the *pittha* or heat, (i.e) cold type of substances should be selected.

The diet and medicine should be of *sathuva guna* which will neutralise the excess of *rajō guna* which occurs in *pittha* diseases. The atmosphere should be condusive enough to set right the affected mind. In general, a calm and cold atmosphere is necessary.

We treat to reduce the excess *pittha*, treat the signs and symptoms of the disease and we treat to strengthen the body tissues, to prevent the recurrence of other diseases. By *vamana* (treatment method to induce vomiting to reduce excess *pittha*) treatment, excess *pittha* gets reduced. In the next stage, medicinal ghee, milk, etc., and anti-*pittha* decoctions can be given. Sometimes, some laxatives should also be given to evacuate the bowel.

In Siddha literatures, many types of medicines are mentioned. They are here given in a collective form.

Medicines for sartthip *pittham* (*pittha* with vomiting)

Greengram
Ribs of neem
Roots of bael (*kūvilai*) tree

10 gm in each of these should be taken and 500 ml of water should be added. It should be boiled and reduced to 1/8 of its quantity. This decoction can be taken in 15 to 30 ml of each dose.

- Unripe fruit of bael tree should be rubbed with water in a vessel. A quantity of *chundakkāy* size along with hot water can be taken in.
- Roots of pigeon pea should be grinded. A quantity of *mullikkāy* size with lime juice can be taken in.
- Take a handful of cut pieces of betel leaves, soak them in buffalo's buttermilk and add sugar. Consume half a measure of it with buttermilk.
- Rind of woodapple
  Rind of bael fruit
  Cumin seeds

Make a *chūranam* (fine powder) of the above three. Take it with some honey and sugar. Vomiting and hiccough will be cured.

- Barks of horse-radish
  Grind them with fermented rice-water, dry and boil
  Dose: one pinch
- Cardamom
  Betel stalks
  Grind them with lime juice and give it to the patient.
- Purslane leaves
  Extract juice from these leaves and heat it. Add some pepper powder and drink.
- Barks of ripe sirissa tree
  Take them, soak them in fermented rice water for 5 hours. Remove the sediments and solid matters. Take the following:

  Thutthi leaves (one handful)
  Dried ginger
  Onion
  Rock salt
  Dammar

Grind all with fermented rice- water and mix with the first prepared rice-water and drink it.

- Cardamom
  Betel stalks

Take 4 gms in each and crush them. Add 500 ml of water, boil and reduce them to 1/4 of their quantity. Consume it for 3 days adding honey. Bitter and pungent substances should be avoided. Vomiting will disappear.

- Mango seed

Grind it with rice-water and give it to the patient. Vomiting will be cured.

- Wasp's nest

Grind wasp's nest and give it with curd.

- Cardamom
  Fried paddy
  Nānalpul (kaus)
  Sandal
  Cloves
  Barks of jujube
  Mutthakkāsu
  Medicated camphor

Take equal quantities of the above and make a *chūranam.* Give it in one gram doses with cold water.

- Dried ginger
  Pepper
  Long pepper
  Fried and puffed paddy

Take equal quantities of the above and make a *chūranam.* Give in 1 gm doses with honey. Vomiting will stop.

- Root of bael tree
  Coriander
  Dried ginger
  Fried and puffed paddy

Take equal quantities of the above, make a powder, mix it with sugar and take it. Vomiting will stop.

- Long pepper
  Cardamom
  Thālisapathiri
  Woodapple fruit
  Jujube fruit
  Fried and puffed paddy
  Cloves

Make a powder from the above things. Take 4 gm, mix it with the combination of honey and the flower juice of Malabar nut and consume it.
The above powder can be taken with the juice of *sīnthil* creeper juice also.

- The root of eclipta alba (*karisalai*) can be ground with mild hot water and taken in. Vomiting will stop.

- Green leaves of bamboo
  Ribs of curry leaves
  Wasp's nest

All these three can be ground together and given for vomiting.

- Solid palm sugar (*katti vellam*)

This can be mixed with lime juice and given for vomiting.

Medicine for the increase of *pittha* in blood (*rattha pittham*–hemorrhage)

- Take three fish from field and soak them in one measure of water. Remove the fish, and filter the water. Take one handful of the tuber of

purple Indian water lily, grind and mix it in the above water. Add palm jaggery and consume it for 3 days. *Rattha pittham* will be cured.

- Grind *musumusukkai* (bristly bryony creeper) leaves and give it with butter.
- Grind *sangan* roots and take it in a woodapple sized quantity. Mix it with butter or buffalo's buttermilk. Then jaggery along with *pēyan* banana fruit should be mixed with it and it should be consumed for four days.
- Crush seeds of jack fruit and put them with the pulp of jack fruit in a vessel and keep it closed. It will turn into a thick watery content in the vessel. This may be consumed for *rattha pittham.*
- Cut *kovai* stem into large parts, remove the peripheral skin of the stem, add greengram to it. Pour 2 litres of water and boil. Reduce it to 500 ml and consume it with sugar.
- Pound *kuruvichi thandu* and its leaves in an iron mortar. Mix it with cow's milk and soak well. Then boil it and filter. This can be consumed along with unrefined palmyra jaggery.
- Malabar-nut leaf juice 2 litres

  Ghee 2 litres
  Milk 2 litres
  Nila vēmbu
  Kudasappālai pattai
  Mutthakkāsu
  Liquorice
  Sandal
  White cuscus grass root
  Flower of South Indian mahua
  Clearing-nut
  Sarsaparilla
  Neythal tuber
  Kambanthirai
  Harialli grass
  Perunkurumbai

Grind each of the above things and take them in the size of a lime fruit, mix and boil. Take it after it is boiled to the right consistency along with honey and sugar. *Rattha pittham* will get cured.

- Juice of tamarind leaves
  Gingelly oil

Mix the above two in equal quantities and consume it. *Rattha pittham* will be cured.

- Sugar cane Juice
  Harilli grass root juice
  Juice of *sīnthil* creeper
  Juice of emblic myrobalan
  Root of cow's thorn
  Root of *sirupīlai*
  Tender coconut water

Take equal quantities of the above things and mix them well. Consume it adding the following in equal quantities

Cinnamon
Cinnamon leaves
Sandal

along with cow's ghee and cow's milk. *Rattha pittham,* excessive menstruation and *kshaya pittham* will get cured.

- Take gall-nut and lotus flower, powder them both and consume it with honey. *Rattha pittham* will get cured.
- Leaf of bamboo
  Bud of pomegranate
  Kōrai tuber
  Root of white cuscus grass
  Cuscus grass
  Bristly bryony creeper
  Dried ginger.

Take equal quantities of the above and prepare a decoction of them. Give it to the patient for 3 days.

- Malabar-nut juice and honey will also cure *rattha pittham.*
- Grind 5 gm of *silājatthu* with raw rice-washed water and consume it with sugar. *Rattha pittham* will get cured.
- Bark of jaumoon tree
  Bark of *atthi* fig tree
  Bark of mountain ebony (*karunkāli*) tree
  Grated coconut
  Karuvāzhai tuber

Make a decoction with the above things. When consumed along with honey, *rattha pittham* and excessive menstruation will get cured.

- The whole *vishnu granthi* is to be mixed with cow's milk and taken with sugar.
- Grind the tuber of purple Indian water-lily with milk into a paste. This is to be applied over lower abdomen for *rattha pittham.* Apply over and above it even if it gets dried.
- Grind the flowers of portia tree. It can be consumed in the size of *kazharchikāy* (banduc nut) for *rattha pittham.*
- Cut clearing nut seed into small pieces and grind them into an ointment form. Put it into a lime fruit and subject it to *putam* (calcining). After *putam*, this can be taken with lime juice.
- Grind clearing nut seed with milk and consume it for *rattha pittham.*
- Grind mahua flower with milk and give it for *rattha pittham.*
- Grind *milagaranai* roots along with water and consume it.
- Grind the root of emblic myrobalan with rice-washed water and consume it.
- Grind lotus flower with rice-washed water and take it.
- Grind lotus flower and eaglewood with water and take it.

- Lotus bulbous root
  Liquorice
  Sandal
  Siru kīrai (greens) stem
  Sīnthil stem
  Make a decoction of the above. Consume it with honey and sugar.
- Grind the root of *sirukīrai* with raw rice-washed water. This can be given along with the rice-washed water for this disease.
- Ash of burnt bamboo and ash of burnt emblic myrobalan tree can be mixed and consumed with buttermilk.
- Gall nut and lotus flower made into a powder, to be given with honey.
- Gum of silk-cotton and pointed-leaved ape-flower can be given with honey.
- Root of *sirukīrai* (greens)
  Neythal tuber
  Grind the above with goat's milk and take it.
- Nutmeg
  Nutmeg leaves
  Kāsukkatti

Give the three along with the curd of buffalo's milk. *Rattha pittham* will get cured.

- *Seruppadai* juice along with cumin seeds can be given.
- *Velvēmpattai* should be cut into small pieces and soaked in 2 litres of cow's milk. It should be heated and filtered. This is taken along with sugar.
- *Kuttip pirāy vērpattai*
  Siru kumizh vērpattai

Both the above should be powdered. Take gingelly oil, castor oil, and mahua oil. Boil the powder in the above oils and filter. This is good for r*attha pittham*.

- *Pon mezhugu*: 500 ml of *pon mezhugu* (a darkish wax used for testing the fineness of gold) should be covered and rolled in a cloth; this should

be heated in 2 liters of milk and can be given for *rattha pittham* affliction.

- Cardamom
  Cloves
  Petals of lotus flower
  Petals of water lily flower
  Jujube nut kernels
  Fried and puffed paddy
  Liquorice
  Mutthakkāsu
  Medicated camphor

Take equal quantities of the above things, make a powder of them. It may be consumed with honey.

- Juice of malabar-nut 1 litre
  Cow's milk 1/2 litre
  Cow's ghee 1/2 litre

Mix the above three. To the above mixture is added the following in a mixed form.

Nila vēmbu
Kōrai tuber
Sandal
Mahua flower
Liquorice
Kudasappālai
Kodivēli
Cuscus grass
Sarsaparilla root
Lotus bulbous root
Harialli grass root
Henna

Take each in 15 gm; powder them and then grind with milk. This mixture is added to the previously prepared mixture of Malabar-nut juice + milk + ghee. Honey 200 ml and sugar 200 gm may also be added to the above and heated up to a wax-like consistency.

The dosage is 5 gm.
By this medicine, *rattha pittham, suvāsa pittham, kshaya pittham, kāsa pittham* and *vānthi pittham* will be cured.

- Root of sarsaparilla
  Root of *iruvēli*
  Root of white cuscus grass
  Sandal
  Neythal tuber
  Coriander
  Liquorice
  Vizhālarisi
  Dried areca nut

Take 5 gm in each, powder them and make a decoction of them. 100 ml of this decoction with 5 gm of clove powder can be consumed in the morning and the evening.

- Malabar-nut tuber
  Siruvazhuthalai root
  Kandankatthari root

Take equal quantities of the above three. Take the following things:

Karkkadaga singi
Siruthēkku
Yānai thippili
Black pepper
Kōshtam
Sadāmānjil
Dried ginger
Pepper
Gall-nut
Thāndrikkāy
Rock salt

Vetpālai seeds
Sangam root
Climbing brinjal root
Imbūral root

in equal quantities; grind them with milk, add ghee and milk and prepare an electuary of them.

By this, *rattha pittham, suvāsa pittham, kāsa pittham* and *kshaya pittham* will be cured.

Medicine for *vikkal pittham*

- *Valaiyalluppu*
  Sōtrurppu
  Rock salt

Take in equal quantities and consume with ghee.

- Red ochre
  Mud of wasp's nest

Take the above in equal quantities and consume it with rice-washed water.

- Root of bael tree
  Coriander seeds
  Chitrāmutti root
  Dried ginger
  Fried and puffed paddy
  Greengram

Make a decoction of the above things, mix with honey and sugar and consume. *Pittham* will get stopped.

- Make a decoction of *sīnthil* leaves and add the juice of *kummatti māthulampazham,* honey and sugar. Give it for *vikkal pittham.*
- Take the juice of *kummatti mathulam pazham.* Add long pepper, sugar, liquorice and *anjanakkal* (sulphuret of black bismuth and antimony) mixed with honey. *Pittham* gets reduced.
- To the bael root decoction, fried and puffed rice, jaggery, honey and *kummatti māthulampazham* juice be added and given.

- Powder of cotton seed
  Fried and puffed rice
  Woodapple leaves
  Bael seeds
  Dried ginger, pepper and long pepper
  Cardamom
  Neem flower
  Cumin seeds
  Rock salt

Add equal quantities of the above things, grind them with the juice of pomegranate fruit, mix it with honey and sugar and give for the above diseases.

- Fried, puffed paddy
  Liquorice
  Cardamom
  Grapes
  Seeds of cumin, an annual
  Long pepper

All the above may be dried and powdered. The mesocarp or the inner fleshy portion of *kummatti māthulai* fruit, honey and sugar are mixed and the above powder is added to it and well mixed. This in proper dose cures vomiting and hiccough.

- The heated neem gum with bristly bryony leaves may be given for hiccough.
- Grind dried ginger with fermented rice water. It can be given for hiccough.
- Bitter gourd leaf juice is heated and some quantity of pepper may be added to it. This may be given for hiccough.
- Fried borax of the quantity of a clearing-nut seed, powder of long pepper, ash of peacock feather all the three can be mixed with honey and can be taken for hiccough.

- A handful of fried, puffed paddy can be given with honey, or with boiled cow's milk
- *Karkkadagasingi*
  Siruthĕkku
  Imbŭral root

Take 2 gm in each, dry and powder them. This powder can be taken with juice of plantain.

- *Siruthĕkku*
  Chithiramŭlam

Take 10 gm in each, dry and powder them. This powder can be taken along with plantain flower juice.

- Liquorice
- Ash of peacock feather

Both can be given along with crab-hole water.

- Grind seeds of cucumber with cow's butter. This paste can be applied over the chest and the upper abdomen.
- Greengram and fried puffed paddy can be made into a decoction and given.
- Water in the crab hole can be boiled and given.
- Liquorice
  Long pepper
  Dried, puffed paddy

Powder the above three and give it with honey.

- Crab shell
  Liquorice
  Coriander
  Cardamom
  Root of white cuscus grass
  Mŭkkutthi pŭndu
  Pālai
  Root of bael tree

Take equal quantities of the above and make a decoction of them. This will cure hiccough and vomiting.

- *Chirtaratthai*
  Pālai
  Karuvappattai
  Cardamom
  Root of white cuscus grass
  Liquorice
  Root of bael tree

Take equal quantities and make a decoction of them.

- Dried ginger
  Asafoetida
  Long pepper
  Liquorice

Take the above in equal quantities and grind them with mother's milk. When a small quantity is put in tongue or when it is applied as snuff, hiccough will be cured.

- Milk
  Fried and puffed paddy
  Honey
  Long pepper
  Juice of pomegranate
  Sugar

Mix all and prepare a sauce of them. Hiccough will be cured by this.

- Fleshy portion of pomegranate, fried and puffed paddy, sugar, long pepper–Powders of all these can be combined together and consumed with honey. *Sartthi* vomiting will be cured.
- Fried long pepper
  Dried ginger
  Pepper
  Cardamom
  Cumin seeds

Take equal quantities of the above things, powder them and mix together. This powder can be taken with honey or applied over the tongue for hiccough.

Medicine for *pittha* with tastelessness

- Liquorice
  Akkarakāram
  Kōshtam
  Root of white cuscus grass
  Root of sarsaparilla

Take equal quantities of the above things, and powder them. Put the powder in mortar and grind with *kōvai* leaf juice. Make pepper-sized pills and give them with mother's milk.

- *Sīnākkāram*
  Pottīluppu
  Borax
  Rock salt

Take 15 gm in each, and *karpūra silājatthu* 50 gm, and grind them all together. Subject them to calcination. The resultant powder if consumed will cure tastelessness.

- Cumin seeds
  Ribs of neem

Fry them both to get a golden colour and add 500 ml of water to make a decoction. Add sugar and consume 6 doses in 3 days.

- Dried ginger
  Long pepper
  Common salt
  Fresh curry leaves
  Tamarind ribs
  Neem ribs

Grind the above with hot water. With this we can wash and gargle the mouth.

- Cardamom
  Long pepper
  Cotton seed - inner portion
  Fried and puffed paddy

Powder all the above items and add sugar. This will cure *pittha* with tastelessness.

- Seeds of cumin, annual
  Cardamom
  Dried ginger
  Root of bael tree
  Kernel of emblic myrobalan
  Kōrai tuber
  Sarsaparilla
  Root of white cuscus grass
  Cinnamon

Take equal quantities of the above things, make a powder of them and add sugar.

- Dried ginger
  Pepper
  Long pepper
  Bishop's weed
  Cumin seeds
  Chitthiramūlam
  Sathakuppai
  Sevviyam
  Tuber of long pepper
  Valaiyaluppu
  Pottiluppu
  Satthi chāram
  Crystal salt

Rock salt

Elātchāram

Asafoetida

Take equal quantities of the above and, make a powder of them. This *chūranam* can be taken.

Medicine for *pittha* with a burning sensation

- Sandal

  Kōshtam

  Kernel of emblic myrobalan

  Sanna nagēswaram

  Raisin

  Root of white cuscus grass

  Kōrai tuber

  Bulbous root of purple Indian water-lily

  Liquorice

  Flowers of South Indian mahua

  Palm-date

  Bezoar

Take equal qualities of the above raw substances and make a powder of them.
Add an equal quantity of Bengal sugar to this powder.
A dose 2 gm every morning will cure *pittham* with a burning sensation.

- Cardamom

  Flowers of South Indian mahua tree

  Black cumin seeds

  Medical salt from the stalk of gulancha

  Cumin seeds

  Dry grapes

  Liquorice

  Dried ginger

  Long pepper

Roots of sarsaparilla
Tuber of betel-pepper
Root of *amukkarā*
Kōrai tuber
Mace
Nila vēmbu
Coriander
Rudimentary portion inside the lotus flower
Narpālai root bark
Arrowroot flower
Kōshtam
Eaglewood
Sadāmanjil
Root of white cuscuss grass
Iruvēli root
Sandal
Kasthuri manjal
Cinnamon
Nutmeg
Root of cow's thorn
Cow's thorn unripe fruit
Pūnaikkāli kernel
Silk-cotton gum

Take equal quantities of the above raw substances, powder them and get a fine powder by filtering through a muslin cloth. This powder can be given with honey or butter for *pittham* with a burning sensation.

- Gulancha oil
  Climbing asparagus oil
  Indian penny-wart oil

These things can be given separately or along with other calcined powders like *parpam* and *chendūram*.

- *Kukkil, silājatthu,* pearl, coral, ruby, pearl-oyster, snail, black dammar, *ayanāgam,* and *velvangam* can be given in calcined powders like *parpam* with suitable adjutants.
- *Kukkil vennai* can be given. *Aya chendūram, aya kāntha chendūram,* and *annabēdhi chendūram* can also be given with honey.

External application for burning sensation of leg

- Henna smearing, or harialli oil
  Jujube leaves
  Soapnut leaves
  Bristly bryony creeper leaves
  Curry leaves

Take the above in equal quantities and crush them; add cold water to it putting it in a mud vessel. Keep it soaked in water throughout night; churn in the morning so that frothy or butterlike substance comes out from it. This can be applied on extremities wherever burning sensation is felt.

Other process: The above herbal juice may be heated with milk. It should be cooled and small drops of buttermilk are added. In the morning, curds will form and the butter can be taken out by churning.

Medicine for *vikāra pittham*

Jujube leaves can be soaked in fermented rice-water, filtered and then given to the patient. *Vikāra pittham* will get cured.

Medicine for *marunthīdu pittham*

- Juice of squash gourd 500 ml
  Lime juice 500 ml

Mix the above two. Add *pāthālabēdhi* or *sāranai* root paste in a quantity of lemon size and mix well. 3 days' medicine will cure *marunthīdu pittham.*

Medicine for *unmātha pittham* and mārga *pittham*

Aswaganthāthi electuary

- *Amukkarā* tuber 1 kg
  Cardamom
  Cinnamon
  Cinnamon leaves
  Sirunāgappū
  Coriander
  Dried grapes
  Sandal
  Karkkadagasingi
  Wild buffalo's milk
  Dried ginger
  Pepper
  Long pepper
  Cuscus grass
  Cloves
  Long pepper tuber
  Sevviyam

Each 15 gm.

Make a powder of the above things. Take 8 litres of cow's milk, add 1.75 kg of sugar to it and heat it into a syrup. Add the above-mixed powder to it and mix well and bring it into an electuary form. Add 4 litres of cow's ghee and 2 litres of honey to it and mix well. This electuary can be given for the above disease.

Karchūrāthi chūranam **(palm-date powder)**

- Palm-date
  Coriander
  Dry grapes
  Seeds of *nīrmulli*
  Nelli mulli
  Kernel of South Indian mahua
  Sandal

Liquorice
Unripe fruit of cow's thorn
Bhūmi sarkkarai tuber
Ash gourd seeds
Tuber of climbing asparagus
Cloves

Take equal quantities of the above and make a powder of them. 5 gm powder with proper adjutants in empty stomach will cure the above disease.

Vilvāthy Lēghiyam

- Root of yellow sticky mallow
  Stalk of curry leaves
  Mukkāvēlai root

Take equal quantities of the above, crush and make a decoction of them. Add old palm sugar in an equal quantity and boil it. When it reaches to the thick consistency of a syrup, the following raw substances in the form of a powder are to be added:

Dried ginger
Pepper
Long pepper
Long pepper tuber
Ceylon leadwort
Cardamom cloves
Sirunāgappū
Cumin seeds
Rock salt
Cinnamon
Thālisapathiri

Take half the quantity each as that of the first-said raw substances.
Take *thakkōlam* and cinnamon leaves in one in 24 parts of the second-said raw substances.

All should be crushed and made into a powder. This powder should be filtered through a cloth to get a fine powder. This fine powder should be added to the first -prepared syrup-like paste. Boil and make it an electuary. It should be given in doses of 5 gm twice a day.

Restrictions (*patthiyam*) for the above medicine

Milk, curd, buttermilk and ghee may be taken. Bitter and pungent -tasting stuff should be avoided.

Aswaganthi Rasāyanam

- *Amukkarā* tuber 1 kg
  Cardamom
  Cinnamon
  Cinnamon leaves
  Sirunāgappū
  Coriander
  Dry grapes
  Sandal
  Small variety of cinnamon
  Karkkadagasingi
  Dried ginger
  Pepper
  Long pepper
  Cloves
  Cuscus grass
  Long pepper tuber
  Black pepper

Take 15 gm in each and make a powder (*chūranam*) of them. Prepare a treacle with 8 litres of milk and 1 1/2 kg of sugar. Mix the powder in the treacle and heat. Mix well and then add 4 litres of ghee and 2 litres of honey to it and mix well. This is prepared as a *rasāyanam*. This is good for *unmātha pittham.*

Mahā thālikai chūranam

- Wild cinnamon leaves
  Cinnamon

Gall-nut
Dried ginger
Cinnamon leaves
Emblic myrobalan
Pepper
Vāyvidangam
Thāndrikkāy
Long pepper
Black pepper
Eaglewood
Sirunāgappū
Aratthai
Sandal
Rēnukam
Cloves
Kōrai tuber
Kodivēli
Sadāmānjil
Root of white cuscus grass
Pūlān tuber
Girandhi thagaram
Coriander
Thakkōlam

Take equal quantities of the above raw subatances and make a powder. Mix an equal quantity of sugar to this powder. 5 gm doses, twice daily, along with *pūrana chandrōdhayam* 100 ml will cure all *pittha* diseases.

Other process

- Root of bael tree
  Wild snake-gourd
  Greengram
  Root of wild greengram
  Bristly bryony creeper

Take 35 gm in each, make a powder and add sufficient water; 35 gm of cumin seeds should be taken in a cloth and tied up. Put it inside the water, boil and make a decoction. Then take the cumin seeds and grind it with the decoction. Take 60 ml at bed time.

Another process

- Lemon fruit 3
  Emblic myrobalan 70 gm
  Ginger 100 gm
  Cumin seeds 35 gm
  Sugar 50 gm

Make a juice of the first 3 and add the other two to it.

Medicine for *ōdu pittham* and *azhal pittham*

- Fully matured *kovai* stalk
  Fully matured *mudakkaruthān* stalk

Take the above two, crush them and boil them. Squeeze juice from them. Take 500 ml of this juice and an equal quantity of old fermented rice water with sugar.

- Cow's milk 1/4 measure - Boil it
  Crab's eye leaf juice 2 litres
  Musurumuttai 2 litres
  Banana fruit (*pēyan* variety) 40
  Palm sugar cake 40
  Sugar 500 gm –

Add these to the above milk. Mix 4 litres of rice with it and boil it. This can be given in needed quantities for 3 days.

- Wild snakegourd
  Bristly bryony creeper
  Greengram

Soak the above three in 1 litre of water in a fresh mud pot for one full day. On the next day they should be washed well in the water and then the water may be drained out. Squeeze out juice from 2 lemon fruits into it and add 5 gm of cumin seeds and mix well. This can be given in required quantity.

- The whole of bristly bryony creeper should be crushed with cow's milk and buffalo's milk. After crushing, take 4 litres of juice out of it. To this add cow's butter of one coconut-sized quantity, buffalo butter of one coconut-sized quantity, honey 1 litre, donkey's milk 1 litre and ginger juice 1 litre. All the above should be mixed well and boiled to a thickened sauce by adding 100 gm of palm sugar cake. Then it should be allowed to settle. This can be taken in the morning and the evening in doses of 3 lemon-sized quantity.
- Arrowroot flour 5 gm
  Sugar 70 gm
  Ghee 2 litres
  Sandal decoction 2 litres

Put the above things in a mud pot and heat it. After sufficient heating, add arrowroot flour and sugar again to it and mix well. Morning and evening, it can be consumed in doses of teaspoons.

- Grind *malākkāy* sandal in a mortar and take the paste weighing 15 gm. Add 15 gm of butter to this and swallow it. Take it for 5 days like this.
- Seeds of datura plant 5
  Pepper 10

Grind both with mild hot water. This paste with an equal quantity of buffalo's butter can be consumed for 10 days.

In the next stage, datura seeds 10 and pepper 15 can be added and ground. This paste can be consumed in buffalo's butter for 35 days.

Diet restrictions: rice with milk, and greengram gruel with salt.

- Take 5 gm of clearing nut and grind it with hot water. This paste can be consumed to cure the above disease.
- Make a gruel from raw rice and greengram and give it.
- Grind *mudakkarutthān* leaves into a paste and give it along with sugar.
- Cumin seeds are to be processed in lemon juice and can be given along with sugar. This should be given in the morning.
- Dry bristly bryony creeper, crush it and make a *chūranam* (powder) of it. 5 gm of this powder with sugar may be consumed along with cow's milk.

- The pulp of aloes can be mixed with cow's milk and sugar. Mix well and give it.
- Ginger juice, lime juice. juice of emblic myrobalam, juice of wild snake-gourd and juice of fieldgram-Mix them all and give along with sugar.
- Root of bael tree
  Chitramutti root
  Dried ginger

All the above may be powdered and a decoction prepared out of it. For vomiting, this can be given along with honey.

- Fried, puffed paddy
  Cotton seed kernel
  Long pepper
  Cardamom
  Cloves
  Long pepper tuber
  Big galangal

All these can be powdered and filtered through a cloth to get a fine powder. Sugar can be added to it. For vomiting, this can be given along with honey.

- *Pāvatta* grass
  Cumin seeds
  Cotton seeds
  Dried ginger
  Pomegranate flower

Take each 5 gm

Skin removed bael root 10 gm

Make a decoction of the above and give it at night. Vomiting will be cured.

- Root of bael tree 100 gm
  Dried ginger 10 gm

Make a decoction of the above and give it at night for vomiting.

- *Nochi* shoots along with betel leaves can be given.
- Grind the root of *ponnāngāni* with milk and give it
- A handful of neem ribs
  pieces of cut ginger
  one piece of *saranai* tuber
  garlic 4 pieces
  Fenugreek 100 gm

Fry lightly all the above things and make a decoction of them. It can be given in 3 doses for vomiting.

- Coriander
  Mango barks
  Mango shoots
  Roots of white cuscus grass

Take 10 gm in each, grind and then make it into a decoction. 200 ml of this decoction can be given along with honey. It can be given in 2 doses for 7 days. Vomiting, hiccup and tastelessness can be cured.

- Dry pomegranate fruit and powder it. This powder can be given along with honey.
- Gorgle with ginger juice. Vomiting and hiccough will be cured.
- Dried ginger
  Pepper
  Long pepper
  Cloves
  Nutmeg
  Sirunāgappū
  Cardamom
  Fresh green leaves for medicine

Take equal quantities of the above things and give them along with honey or ghee.

- Lemon juice
  juice of bristly bryony creeper
  Kummatti māthulai juice
  Tamarind leaves juice
  Bael leaves juice
  Ginger juice.

Take 1 litre in each.

Cardamom
Cumin seeds
Long pepper
Cloves
Liquorice
Fried and puffed paddy

Take 50 gm each.

Sugar 150 gm
Honey 200 ml

All the above may be added and processed to the form of an electuary. This can be taken for hiccough, vomiting and tastelessness.

Diet

The diet should be selected in such a way that it will not increase the *pittha thāthu.* The diet should decrease the increased *pittha* and it should give nourishment to the body. The following are said to be the substances which neutralise the increased *pittha* in the body according to *Pathārttha Guna Chinthāmani.*

Hyacinth beans
Bengalgram
Greengram
Blackgram
Cardamom
Fenugreek
Kappaikkizhangu
Kōvai

Curry leaves
Cumin seeds

All the above can be taken.

Cucumber
Bitter gourd (both small and large)
Snake-gourd
Sponge-gourd
Field bean
Mullippū
Brinjal
Horse-radish
Mango
Kalākkāy
Vāzhaik kachal
Vallik kizhangu
Plantain flower
Onion
Garlic

These can be prepared in the form of a sauce and taken.

Greens which are useful for *pittha* diseases

Puliārai greens
Kōvai greens
Horse-radish leaves
Ponmusuttai kīrai
Ōrithazh thāmarai leaves
Pālai leaves
Bristly bryony creeper leaves
Climbing brinjal leaves
Bottlegourd leaves
Indian pennywort leaves
Sirukīrai
Black nightshade leaves

People with *pittha* constitution can take pickles made from green pepper, ginger, climbing brinjal unripe fruit, wild lime unripe fruit, *thamaratthan kāy, mākāli* tuber and *kozhunjikkāy.*

- Rice prepared from *manakkatthai* rice, *kuruvai* rice, and *kār* rice is good.
- Bed made of silk cotton is good.

Reference books

The information given in this book about *pittha* diseases and its treatment procedures is based on the available Siddha books and the experience of many Siddhas. Additional information about these diseases can be obtained from the following books:

1. *Siddha Marutthuvānga Churukkam*
2. *Siddha Marutthuvam*
3. *Siddha Vaidhya Thirattu*
4. *Nōy Nādal Nōy Mudhal Nādal*
5. *Yūgi Vaidhya Chinthāmani*
6. *Thēran Karisal*
7. *Thēran Yamaka Venpā*
8. *Thēran Marutthuva Pāratham*
9. *Thēran Venpā*
10. *Thēran Sēkarappā*
11. *Sura Vāgadam*
12. *Agatthiyar Sura Nūl 300*
13. *Agatthiyar Guna Vāgadam*
14. *Agatthiyar Vaidhya Chinthāmani*
15. *Agatthiyar Attavanai Vāgadam*
16. *Nōygalukku Siddha Parikāram*
17. *Pāla Vāgadam*
18. *Satha Sulōgam*
19. *Thēraiyar Vāgadam*

20. *Pathārttha Guna Chinthāmani*
21. *Yūgimuni Vātha Vaidhya Vilakkam - 2000*
22. *Sathaga Nādi*
23. *Sarapēndra Vaidhya Rathnāvali*
24. *Pulippāni Vaidhyam - 500*
25. *Anupava Vaidhya Dēva Rakasiyam*
26. *Kannusāmi Parambarai Vaidhyam*
27. *Chikitchā Ratna Dīpam*
28. *Anupava Vaidhya Navanītham*
29. *Sapāpathy Kaiyēdu*
30. *Vaidhya Sathagam*
31. *Thēraiyar Guna Vāgadam.*

3

Fever and its Varieties

Introduction

When *pittha* gets moved from its original place to other places, fever occurs. Fever in Tamil is *suram*. The word *suram* is divided into *sur + am. Sur* means rise of temperature or generation of heat; *am* means present. So *suram* means a disease in which the heat of the body gets increased. It means that there is rise of normal temperature of the body.

"When there is no chillness or *sītham* in the intestine, fever does not occur." It is one way by which the pathology of the disease is explained. Normally, there will not be any chillness or cold in the intestine. Due to diet and other factors, the digestive condition of the intestine gets changed and there arises much of poisonous substances which produce *sītham*. The *pittha* in other places gets increased and produces fever to compensate the increased *sītham* or chillness in the intestine. So the primary causative factor for fever is *sītham* in the intestine. The secondary factor is *pittha* which produces fever. The secondary factor is easily marked. The rise of temperature or fever is to indicate the poisonous nature of the intestine. That is why fever is here considered the primary factor which indicates the *sītham* in the intestine.

The rise of temperature in the body is felt by both the patient and the observer or physician. 'Heat' is the meaning of the word *sur* and hence the disease is called *suram.*

There are five kinds of land according to ancient Tamil classics. They are *kurinji, mullai, marutham, neythal* and *pālai. Pālai* is the region where

heat will persist always, as that of a desert. This *pālai* land is otherwise called *suram* in Tamil literature. So *suram* is the term used to indicate the place where heat is the predominant factor. In this disease also, as heat is the predominant symptom, the name of the disease is known as *suram* . The synonyms of this word are *vemmai, veppu nōy, kānthal, kānkai, kāychal, sūdu, anal* and *pamma nōy.* The disease persists from birth through death.

Primary symtoms

The temperature of the body getting increased from its normal range, burning sensation in the eyes, nausea, vomiting and body pain are the primary symptoms of this disease.

Aetiology of the disease (causative factors)

Constipation
Prolonged *kaba* disease
Defective dietic factors
Excessive sexual activities
Various poisons
Loss of sleep
Too much running
Eating highly tasteful food
Excess anger
Walking in the hot sun
Controlling severe appetite
Excess intake of food
Carrying too much load
Shouting in high pitch
Controlling the 14 reflexes in the body
Sexual activities after oilbath
Playing of excess *silambam* (a martial game played with sticks)
Change of bed
Due to past karmas

Eating heavily during increased appetite
Drinking water which is very cold
Living in different living conditions and different countries
Bad habits and thoughts.

Preliminary symptoms

No desire for any diet
Heaviness of the body
Change of colour in the body
Body becoming tired
Indigestion
Dislike of everything
Yawning, syncope and babbling
Tastelessness of the tongue
Shivering of the body, chillness
Loss of sleep even at night
Pain in the muscles of thigh and calf muscles
Pricking sensation all over the body
Dislike of people who are nearby
Lacrimation of eyes
Body pain
A feeling of tightening of the body
Dryness of the tongue
Loss of courage
Emaciation of body
Having no interest in sweet, sour and salty diets. No interest even in talking about these foods.
Dislike of wife and children
Giddiness
Sweating on the body
Alternation of likes and dislikes of songs, music, air, hotness or coldness of water coolness, etc.

Among the above symptoms, many or some of them may be seen as preliminary symptoms of fever.

Classification of fever

Types of fever are many. In general, the classification of fever is based on three life forces – *vātha*, *pittha* and *kaba* and their variants. They may occur due to the affected condition of a single life force or by the combination of two or more life forces. Thus there are 64 varieties of fever. Among them, 20 occur due to *vātha* factor, 24 fevers occur due to *pittha* factor and 20 due to *kaba* factor. 8 types in *vātha*, 10 types in *pittha* and 9 types in *kaba* cannot be cured easily.

Another classification states that self-influence or internal factors cause 52 varieties and external factors cause 12 varieties of fever.

Fevers due to self-influenced factors or internal factors

1. *Vātha suram*
2. *Pittha suram*
3. *Kaba suram*
4. *Vātha pittha suram*
5. *Vātha kaba suram*
6. *Pittha vātha suram*
7. *Pittha kaba suram*
8. *Kaba vātha suram*
9. *Kaba pittha suram*
10. Mixed *(kalappu) suram*
11. Fever with improper digestion (*mantha suram*)
12. Fever with shivering (*nalir suram*)
13. Fever with severe heat (*ven suram*)
14. Fever with redness of body (*mēni suram*)
15. Fever internally felt (*utsuram*)
16. Fever externally felt (*velisuram*)
17. Intermittent fever (*vittu vittu varum suram*)
18. Continuous fever (*vidā suram*)
19. Fever due to affection of *sāram*, one of the seven *udal thāthu* (*sāral suram*)

20. Fever due to affection of *rattha thāthu* (*senkarai suram*)
21. Fever due to the affection of muscle (*ūn suram*)
22. Fever due to the affection of *fat* (*kozhuppu suram*)
23. Fever due to affection of bone (*enbu suram*)
24. Fever due to affection of bone marrow (*mūlai suram*)
25. Fever due to defect of sperm (*vindhu suram*)
26. Fever with much hardship (*thunpa suram*)
27. Fever with regular periodicity (*murai suram*)
28. Fever with syncope (*mayakka suram*)
29. Fever with babbling (*pithatral suram*)
30. Fever with worms (*puzhu suram*)
31. Yellow fever (*manjal suram*)
32. Morning fever (*kālai suram*)
33. Midday fever (*pakal suram*)
34. Evening fever (*mālai suram*)
35. Midnight fever (*rā suram*)
36. Early morning fever (*athikālai suram*)
37. Fever with dryness (*thīvaratchi suram*)
38. Fever with excess heat (*anal suram*)
39. Fever with eructation (*ēppa suram*)
40. Fever with vomiting (*vānthi suram*)
41. Yawning fever (*kottāvi suram*)
42. Fever with toxic hiccough (*vidāvikkal suram*)
43. Fever with excessive sweating (*viyarvai suram*)
44. Fever with loss of sleep (*thūngā suram*)
45. Fever with cough (*irumal suram*)
46. Old fever (*pazham suram*)
47. Fever with abscess (*katti suram*)
48. Fever with pus (*sīzh suram*)
49. Fever with multiple vesicles (*pal koppuzha suram*)
50. Fever with tremors (*nadukkal suram*)
51. Fever with swelling (*vīkka suram*)
52. Fever with diarrhoea (*kazhichal suram*)

Fevers of external origin

1. Fever due to trauma (*mōdhu suram*)
2. Fever due to curse (*sāpa suram*)
3. Fever due to instigation of a devil (*ēval suram*)
4. Fever due to sex (*sērkkai suram*)
5. Fever due to evil spirits (*bhūtha suram*)
6. Fever due to medicinal power (*marunthu vēga suram*)
7. Toxic fever (*nacchu suram*)
8. Fever due to anger (*sina suram*)
9. Fever due to fear (*baya suram*)
10. Fever due to distress (*thukka suram*)
11. Fever due to lust (*kāma suram*)
12. Fever due to supernatural powers (*deiva sina suram*)

These apart, the increase or decrease of a life force and seasonal and climatic conditions may also cause some types of toxic fevers. They are as follows:

1. Fever which arises through digested chyme (*sāram*). This would be an unreliving fever. This is an internal fever.
2. Unrelieving fever arising from blood (*rattha thāthu*). It would be felt externally.
3. Fever arising from muscle (*ūn thāthu*). It would be regular, occurring daily.
4. Fever arising from fat (*kozhuppu thāthu*). It would occur a third time.
5. Fever due to defect in bone and brain cells. It would recur a fourth time.

Owing to internal, external and trauma, etc. factors fever occurs. They are classified into 64 varieties. If all the three life forces are affected altogether, 13 types of delirium-like disease (*janni*) would occur.

Agatthiyar Guru Nādi states that diseases affect the parts or organs of the body in their advanced condition. However, diseases in the beginning affect any one of the three life forces only. Hence it is essential to know about the

types of fever which occur due to the derangement of life forces, *vātha, pittha* and *kaba,* individually and in their mixed form. Here is the verse from *Agatthiar Guru Nādi :*

urratōr utalin kūru
urupputan viravi ninru
murrumē noykal ellām
mutaltanil tōnrum pōthu
parrumē vātha pittha
cilērpanan tannil onraip
parriyē tōnru menru
pakarnthanar munivarthāmē

Vātha fever (*vātha suram*)

- Blackish discolouration of the whole body, puffiness of face due to retention of fluid, pain all over the joints, dyspepsia, and heaviness of the head as if the head is filled with water–with the above symptoms, high fever will persist.
- Body is blackish, painful and unbearably hot. It will be like an unabated fire. After fever, there will be severe sweating with parasthesia. Digestion in the stomach is not proper and so heaviness and bloating of abdomen will be seen. Because of this, dyspepsia and respiration through mouth will follow.
- In *vātha* fever, pus formation in intestine, mental depression, chest pain, staggering pain in joints and dry faeces are seen.
- In this *vātha* fever, shivering in the body, severe body pain as if it is cut and beaten, dyspepsia, dislike of food as if it is a poison, vomiting, loss of sleep through day and night, pain in the upper and lower extremities and severe pain in the joints are seen.
- In this fever, there is excessive thirst as if afflicted by snake poisoning. Unremitting tiredness of body and lassitude will occur.
- Blackish discolouration of the face and lips, unbearable pain all over the body, excessive thirst, shivering in the body, parasthesia, heat,

swelling all over the body, body becoming chill and horripilated, constipation with changes in the colour of faeces are seen.

- Shivering of the body, babbling, chillness and gooseflesh, pain in the hip and forehead, continuous cough and laziness are seen.
- Lacrimation, headache, rumbling noise in the stomach, severe arthritis, excessive laziness and yawning and hiccup are the symptoms which are difficult to treat in *vātha* type of fever.

In a consolidated form, these symptoms are:

Dyspepsia, disgust with food as if it were a poison, improper digestion with a dull stomach, vomiting, loss of sleep through day and night and blackish discolouration of the whole body will be present. Sometimes, the body would be dry and pale as if ash were applied on it. Swelling on the face due to fluid retention, headache, pain all over the joints and pricking sensation in the skin will be present. Twitchings in the body, horripilation, chillness, high temperature as if it were burning, respiration through mouth, excess anger, burning nose, grating pain in the hip and thigh, swelling over the feet, continuous cough, dryness of the body, numbness and pain in tooth, formation of air in stomach, yawning, sweating even before decrease of temperature, parasthesia or numbness, excessive dullness in digestion are the symptoms, marking this disease. Also there will be dry hard faeces and scanty micturition; urine will be like a goat's.

According to *Thēran Maruthuva Bharatham,* the duration of the disease is 10 days. Within these 10 days many other diseases may also join this.

Fever due to derangement of *vātha pittham* or *vātha pittha* fever Signs and symptoms described in different works

- High rumbling noise in the stomach, yellowish discoluration of conjunctiva and tongue, continuous fever with shivering, nausea and frequent wakefulness from sleep will be seen. If *kaba* accompanies this disease, mental depression will also be seen.

- In this fever, laziness, numbness, dyspnoea, vomiting, confusion, chillness, horripilation, babbling, and continuous fever will be seen.
- Fever is intermittent with shivering and pain in the body. After abatement of fever, there will be diarrhoea. Sometimes, in motion mucous will also be seen. Body will get emaciated. Sweating, continuous fever, horripilation-like sensation in cheeks and teeth will also be seen.
- Sometimes, there will be no sensation; mouth will taste sweet but in a majority of cases, bitterness will be felt. Continuous fever is there.
- Pain all over the body as if body is shaking, blackish discolouration of the tongue, frequent sleep, bitterness in the mouth, body losing its structure, itching sensation all over the body, mental confusion marked in meaningless talk, and passing of white-coloured motion would manifest.

The above symptoms may be consolidated as under:

The tongue and conjunctiva will get yellowish discolouration. Laziness, nausea, horripilation, shivering, unending fever, babbling, frequent sneezing, dyspnoea, mental depression, ticklishness and unpleasant horripilation-like sensation in cheek and teeth, diarrhoea after the fall of fever are the other symptoms. Sometimes mucous will also be seen in motion.

Vātha-Kaba fever (fever in which *pittha* and *kaba* are in an abnormal condition)

Signs and symptoms (described in different works)

- Vomiting, heavy breathing, swelling in both the legs and hands, cough, wheezing, closure of ear, unrelieving fever and shivering will be seen.
- In this fever, pain is felt in throat and all over the body. Pale face, flatulence, hiccup, horripilation, dryness of mouth, becoming tired, bare looking and pain in all joints of extremities are also present.
- Dryness in face and tongue, vomiting, excessive sleep and shivering will be seen. Motion and urine will be whitish in colour. Rhinitis and

excess salivation will also manifest. There will be paleness of eyes. Fever is high. However, liking will be there for heat and hot sun. It will take a long duration of time to get the cure.

- In *vātha-kaba* fever, there will be pain all over the body; wheezing, cough and whitish or coated tongue will be seen. Horripilation, pain in the neck, thirst, mental confusion, depression, babbling, a sense of fright and excess sweating will also be present.

In consolidation, the following are the common signs and symptoms:

In *vātha-kaba* fever, symptoms like unending fever, vomiting, pain in throat and body, pale face, swelling and pain all over the joints, cough, wheezing, closure of ear, flatulence, hiccup, horripilation, dryness in mouth, tiredness, fright, dryness in face and tongue and desire to be in hot sun and heat are seen. Whitish urine and motion, syncope, thirst, hesitation, mental confusion, babbling and excess sweating will also be seen.

Pittha fever (*pittha suram*)

Signs and symptoms (described in different treatises)

- *Pittha* fever gives as much hardship as did Asuras to human beings.
- In this *pittha* fever, the heat will be as that of submarine fire. The symptoms will be as in the case of the schizophrenic; the respiration will be as that of a horse, horripilation as in a porcupine; the looks will resemble the fright of an elephant, the mind will be as unsteady as that of a monkey and the eyes will be like that of an eagle. The disease will keep increasing like the hostility of enemies; the body will be reddish in colour; there will be mental depression as if the patient is dying; the eyes and nose will wear the colour of trumpet flowers and shivering of the body will also be present.
- Symptoms like reddish colouration of the body, bitter taste in the mouth, giddiness, hallucination as if everything around is shaking and dancing, excessive salivation, and dribbling of saliva are present. Body gets weakened and tired. Taste in tongue is reduced.
- In this fever, excited talking, babbling, reddish eyes, diarrhoea, thirst,

slippery tongue, fatigue. mental confusion, darkening of face and ulceration in the body will be seen.

- Boiling-like feeling in the mind, excessive thirst, severe burning sensation in the body, yellowish discolouration of extremities, bitterness in the mouth and mental depression will manifest.
- In this fever, hiccup, loss of sleep, flatulence, vomiting, dryness of mouth and reddish urine will be seen.
- In this fever, dryness of tongue, reddish urine, babbling, vomiting, nausea, bitterness of mouth, fatigue, ulceration of throat and mouth, temperature of the body getting increased, severe diarrhoea, yellowish stools and conjunctive darkening of face, excessive thirst, chillness with horripilation in the body, and dislike of food are present.
- In this fever, excessive sleeping, frequent diarrhoea, stools, urine and the body turning reddish, bitterness in the mouth, babbling, syncope followed by excessive thirst, delirious symptoms like rising up from the bed without being conscious of it and running, hiccup and rise of temperature will be seen.

In consolidation, the above symptoms described in different texts are as follows:

Babbling, restlessness in bed, mental depression, syncope, conjunctiva, urine and motion being reddish in colour, excessive salivation and dribbling of saliva, weakening of body, tastelessness, nausea, bitterness of mouth, diarrhoea, thirst, slippery tongue and continuous unrelieving fever.

Pittha-vātha fever

In *pittha-vātha* fever, high fever, flatulence, yellowish discolouration of the body, vomiting, conjunctivitis, pallor in the eyes, dullness of stomach due to improper digestion and chillness are seen. Neck, abdomen and head areas become dry. Brightness of the body is reduced; syncope, itching on the body, thirst, desire to be in the sun, dislike of food, heartburn, intermittent fever, excessive sweating, unsound sleep, restlessness in bed and biting of teeth in sleep would also manifest.

Pittha-kaba fever

- In this fever, along with mental depression, schizophrenic symptoms may also occur; continuous dry cough and continuous unremitting fever will be present. Stools and urine will be yellowish. There is sleeplessness.
- Lower half of the extremities and face will be swollen. Heavy breathing will be present. Emaciation of the body, tiredness, hiccup, babbling, thirst and palpitation of the heart and trembling of the ribs will be seen. Fever will keep increasing.
- In this fever, cough with throat inflammation will be seen. Emaciation of the body, glassy tongue, dryness, frequent cry due to fear, and excessive sweating will be seen. Fever will be continuous and unrelieving.
- Cough, thirst, excess sleep, flatulence, perspiration, babbling, horripilation and body pain will be present along with fever.
- In this fever, there will be abnormal perspiration, excessive sleep, gooseflesh, chest pain due to cough, rise of temperature, pain in the head and neck, abnormalities in tongue and nose are seen.
- In *pittha-kaba* fever, there will be emaciation of body, and pain and fatigue will also be seen. To some extent, there will be dyspnoea, cough, dryness of tongue, frequent sweating and babbling. Sweating will ever be present in the head and neck. Burning sensation in the eyes will also be present.

Kaba fever

Signs and symptoms (in different texts)

- There will be fear and mental unsteadiness. These symptoms will be reflected on the face. Hallucination as of drum music and rumbling clouds will manifest. Perspiration through each and every hair root will occur and the body will be watery. Then severe submarine-like heat will be felt. Immediately after this high fever, within 20 minutes, the body will become white in colour. These are the signs and symptoms of *kaba* fever.

- The body will be whitish in colour as that of the white elephant of Indran. Body pain, cough, fatigue, expectoration, emaciation of the body, dyspnoea, weakness in the body, frightening speech, conceit, incoherent talk, anasarca, becoming tired very frequently, excessive thirst and continuous indefinite fever will be present. Delirium (*janni*) will follow these symptoms. At that time, excessive heat in the head, babbling, loss of self-consciousness, sticky sweat, noise in the ear and deafness will be seen.
- Cough, hiccup, chillness of the body, sweating, paleness, fatigue, paleness of face, hands and legs, hesitation, heavy breathing, accumulation of sputum in the chest, noisy movement of sputum in the chest and severe diarrhoea will be seen. This type of fever is very difficult to cure.
- In *kaba* fever, severe body pain, cough, emaciation, tiredness and lassitude, mental depression. anorexia, excessive defaecation and micturition, dislike of everything, sleeplessness, high fever followed by its abatement, conjunctivitis in both the eyes, diarrhoea and body heat are seen.
- In *kaba* fever, the face will be very pale, taste buds in the tongue will not feel the taste. Cough and hiccup will be present; pain in chest and throat will be present. Itching in the body and salivation will be seen.

Common signs and symptoms of *kaba* fever

In this fever, before the temperature rises, there will be unusual sounds like drum music, thundering sound, etc. There will be a feeling of something creeping in the head. After these preliminary symptoms, fever will rise. Temperature rises highly burning like a big fire. As the name indicates, there will be whitish colour on the body. Cough, expectoration, dyspnoea, chest pain, frequent exhaustion, swelling of the body, incoherent talk, thirst, hiccup, hesitation, sticky sweat, accumulation of sputum in the chest, wheezing noise and frequent diarrhoea are seen. These symptoms may continue further and develop into delirium (*janni*). In delirium, symptoms of dancing, singing, wandering here and there and babbling will manifest.

Kaba-vātha fever

Signs and symptoms (indicated in different texts)

- In *kaba vātha* fever, shaking of the head, stiffness (tonicity) in the body, persistent cough and chillness in the extremities will be seen.
- In this disease, fever will occur after some preliminary symptoms like loss of appetite, variable conditions in the body, severe chillness, etc. In this fever, there will also be symptoms like twitching in the chest, liver and forehead, heavy breathing, cough, expectoration, liking for sweet and pungent-tasting foods, body getting tired and emaciation.
- In this *kaba-vātha* fever, delirium will continue. In this disease, there will be pain in the chest and the extremities. Painful diarrhoea is also present.

To put it in a consolidated form, the following will be the important symptoms: Unsteadiness or tremors in the head; rigidity of the body, persistent cough, chillness in the extremities, tastelessness, losing of the colour and strength of the body, twitching in the area of liver and the centre of the forehead, body getting lean and painful, heavy breathing, expectoration, desire for sweet and pungent food and tiredness of the body.

Kaba-pittha fever

- In this fever, sweating will be present immediately after fever subsides. Tongue is burnt and dry and is in bitter taste. Sore throat is also present. In this fever, the hair will become grey in colour some days after the fever gets subsided.
- In this fever, the tongue will be rough like a file on the upper side, and on lower side it is glassy. After fever goes, the whole body will be chill. Then the trunk, hands, rib area and chest will become hot and the chillness decreases. Apart from this, expectoration and vomiting of sputum, excessive thirst, anorexia though there is appetite, and frequent diarrhoea with white-coloured stool will be present, in addition to unrelieving fever. Because of high fever, bleeding may occur through the nose, mouth and anus.

- In this disease, rhinitis, white-coloured vomiting and heavy breathing (sigh) will be present. Tongue becomes sweet and dry. Laziness, reddish eyes, heartburn, severe cough, frequent running from bed, shouting and desire for women will be marked. Sometimes, mental depression or fits may occur. Symptoms of delirium will also be present at the end.

Muppini fever (fever with delirium)

Mixed fever, *thontha* fever and *jannipātha* fever are the synonymous names of this disease.

- Babbling, vomiting and schizophrenia are the important symptoms. The tongue will be dry and excessive thirst will be felt. All the three life forces, *vātha, pittha* and *kaba,* get deranged. Fever will be very high, and then sweating will follow. Chillness and shivering will also be present.
- There will be chillness, shivering, sweating all over the body, and palpitation before the temperature rises. After high fever, the fever will go on increasing with symptoms like babbling, and inability to be present in bed. Other symptoms of delirium like singing, dancing, shouting, laughing, removing of clothes from the body, reddish eyes and severe burning in the eyes will manifest.
- After fever subsides, there will be sleep during the day and no sleep at nights. Frequent sweating, giddiness, a feeling of some insects creeping over the head, twitching of eyelids, noisy ears, a feeling of a thorn pricking the neck, reddish tongue or loose tongue, excess salivation with bitter taste, pain all over the body and immobilisation of joints will also be seen. Body will be very weak with declining energy and laziness.
- Fever may be intermittent at the beginning. After *kaba* increases, high fever with chest pain, accumulation of sputum in the throat, cyanosed lips and face, hearing of the wheezing noise, chillness over the bridge of nose, deafened ear and chillness over extremities are seen. These symptoms may lead to death.

The delirium (*muppini*) fever has 13 varieties. Three varieties are named after the derangement of the first affected life force. Other varieties are named after the region of the body where the disease occurs or according to the important signs and symptoms of the disease. Yūgi Muni has classified delirium (*muppini*) fever into 13 varieties. Thēran has classified it into 10 varieties.

Mantha fever (fever with indigestion)

In this disease, the stomach will be dull in activity. Pain will be present in the chest and the thigh. Vomiting, regurgitation of food, excessive thirst and heavy breathing will be seen. Painful and swollen stomach causes fever, dyspnoea and hiccup. As *kaba* increases in the body chillness will be felt all over the body. Numbness will also be felt in the body.

Nalir fever (fever with chillness and shivering)

Before fever attacks, there will be symptoms like getting gooseflesh, narrowing of eyes, vomiting and yawning. Then chillness and shivering arise with the rise of temperature. In addition, there will be headache, lacrimation, discomfort in the stomach, diarrhoea, bile vomiting, hyper pyrexia-syncope and babbling. Fever will subside and it may relapse after a day. Sometimes, fever may attack once in three days or once in four days or once in nine days, periodically.

Vem (hot) fever (fever with severe heat)

In this disease, unbearable headache, burning heat, excessive salivation, and horripilation are the premonitory symptoms. After showing these symptoms, fever will rise. After fever gets subsided, sweating will occur. The body becomes very weak. Small vesicles may appear in the nostrils.

Mēga fever (fever with venereal disease)

In this disease, the body is reddish in colour, and fever is accompanied by vomiting, diarrhoea, burning sensation all over the body, itching, thickening of the skin, giddiness and syncope.

Internal fever (fever within)

For those who have lesser strength and immunity, the heat will rise within the body and fever-like symptoms appear. Melancholic disposition, mental depression, weakness of extremities, anorexia, nausea, anaemia, headache, feverish feeling throughout, whitish-coloured vomiting and becoming lean day by day are the other signs and symptoms of this fever.

External fever

In this fever, bitterness of mouth, nausea, indigestion and thirst are the important symptoms apart from fever. Affected by this fever, the patient may do his routine.

Intermittent fever

The body will get cyanosed. Anaemia will be present. There will be fever daily. But the rise of temperature will be seen in the morning. It may get reduced in the evening and again the temperature rises. So the rise of temperature is more than once in a day in this fever and the body gets weakened. The extremities will be atrophied and the abdomen will be swollen.

Unremitting fever (*vidā suram*)

Redness in the eyes, dryness in the tongue, thirst and pain in the extremities are the premonitory symptoms of this fever. Fever appears and it goes on increasing without any reduction in the middle. Fever may get reduced after some days. Within that period it gives much trouble to the body. The strength of the body also gets reduced.

***Sāral* fever (fever in *rasa thāthu*)**

In this disease, mental depression. sweating all over the body, excessive thirst, body pain and syncope appear. Apart from these, the body becomes lean; tongue becomes glassy and yellowish; the chest has accumulation of sputum; sleeplessness and constipation are also seen along with fever.

In this disease, the *rasa thāthu* gets changed; the fluid content in the body is reduced, the body is having burning sensation. There is severe body pain. Excessive thirst, sleeplessness, loss of taste, vomiting, heavy breathing, hiccup, headache, emaciation and sweating are the other symptoms. In this disease, *kaba thāthu* increases and the pulse is weak.

Senkarai fever (fever in *rattha thāthu*)

In this disease, there is hyper pyrexia. At the time of fever, the whole body appears swollen and reddish. Excessive thirst, sticky sweating, pain all over the body, glassy and yellowish tongue and difficulty in the movement of joints are the other signs and symptoms of this disease. On the progress of the disease, *kaba thāthu* gets increased and headache, rhinitis, confused mind, babbling, chillness of the extremities, giddiness, singing and dancing will follow. There will be frequent diarrhoea also.

Ūn (muscle) fever (fever due to the defective *ūn thāthu*)

In this disease, there are hyper pyrexia, sighing, sweating, pain all over body, dryness in the lips, babbling, horripilation, mental confusion and lacrimation. Apart from these, dryness of the body, involuntary movements of the limbs in the bed, shining on the skin, anasarca, yawning, hiccup and decrease in strength of the body will occur. *Kaba* will increase and the illness may worsen.

Kozhuppu (fat) fever (fever due to defect in *kozhuppu thāthu*)

Before fever occurs, there will be anorexia or indigestion after the intake of food. Fever occurs with needling-like pain in the head and shaking or shivering of head.

Enpu (bone) fever (fever due to defect in enpu *thāthu*)

In this fever, excessive thirst and high fever, though it is chill over the body, will be seen. If the fever continues for many days, the body will become pale and weak like cotton. Indigestion, pain in lower abdomen and excessive diarrhoea are the other symptoms. Apart from these, pain in the joints and nerves, shrinking of skin, discolouration of the body, yellowish discolouration of eyes, inability to move the head and pain in body if head is shaken are the other symptoms.

Mūlai (nerve, bone marrow) fever (fever due to defect in ***mūlai thāthu***)

In this disease, there are increase of *kaba* and dullness in the body. Indigestion of food, eructation, yawning, hiccup, bitter vomiting, and sometimes excessive diarrhoea and flatulence are the symptoms of this disease. Along with hyper pyrexia, mental depression or confusion, shaking of head and pale and weak body are present. Cachexia will be seen. Difficulty in respiration, pain in the throat and knee joints and discoloration of the body are the other symptoms.

Vindhu (sperm) fever (fever due to defect in *vindhu thāthu*)

There are 14 places like the centre of the head, eyebrows, lips, neck, chest, pit in the chest, umbilicus, knee, ankle, hip, big toe, skin and testes where the life force stays. Pain will be felt in these places. Trembling of head, toothache, fever, loss of taste, loss of appetite, hiccup and indigestion if food is taken in, vomiting, frequent diarrhoea and feel of sweetness in mouth are the other symptoms. Uninterrupted cough, heavy breathing, loss of sleep, pale swollen body, anaemia, mental depression, syncope and chillness in the extremities are the other symptoms. Apart from these, the male genital organ will shrink. While the disease progresses, symptoms of delirium, like babbling, singing and dancing will be seen.

Fever due to grief and pain

Because of difficult situations which arise suddenly, the body and mind get shaken, blood pressure rises highly and syncope or unconsciousness occurs. Mental illness may also occur. Hyper pyrexia with redness of eyes will be seen. Vomiting, tremors in the hand and legs, babbling, singing and dancing are the other symptoms.

Intermittent fever

In this fever, chillness and shivering of extremities with tonicity and hyper pyrexia with burning sensation of eyes will be seen. While fever ceases, sweating and severe headache will be seen. The fever may arise with an

intermission of one day or two days or three days or four days. Such fever of intermittent type may last for months or years together. Pain in joints, horripilation, pain in chest and yawning are the other symptoms.

Fever due to syncope

Giddiness, vomiting and syncope are the signs of the fever. There may be fits and loss of mental steadiness in this fever.

Fever with babbling

Horripilation, redness of eyes and pain in the joints are the premonitory symptoms of this disease. Fever will be very high, senses will be lost; babbling and running here and there from the bed are the other symptoms.

Worm fever (fever with worm infestation)

This type of fever is common in children. This occurs due to intestinal worms. Fever and fits will be present in this type. Fits will be seen in the extremities; drooping of eyelids and heavy breathing will be present.

Yellow fever (fever with yellowish discolouration)

This fever is of unintermittent type. Yellowish discolouration will be seen throughout the body. Persistent vomiting, bile in vomit, anorexia and swelling of body are the other symptoms.

Skin fever (fever which arises in skin and bone)

This fever arises from skin and bone in the body. High fever will occur in this disease. Pulse will be very feeble. Body will become pale as that of a dead body. Babbling, salivation, body pain as of ulceration and frequent syncope are the other symptoms. This fever is considered an acute fever.

This fever may occur intermittently with an interruption of one day or two days. Here all the three *thāthus* will be affected.

Thirst fever (fever with thirst)

Fever will be high as that of a flaming fire. Feeling of thirst will be there for ever. Clinching of teeth with burning sensation in the stomach and

extremities will be seen. Babbling, dryness of tongue, heavy breathing and restlessness in bed are the other symptoms.

Diarrhoea fever (fever with diarrhoea)

This fever is also called *athisāra* fever and *pitha athisāra* fever. In this fever there are diarrhoea, rolling of the eyeballs while seeing, blackish discolouration of the body, babbling, heavy intake of food, desire for everything, singing and dancing, horripilation and excessive sleep.

In this fever, uncontrolled raging movement of head and dashing against things, inability to talk due to syncope and unconsciousness are seen. Feeling of heaviness in the body, excessive thirst, hyper pyrexia as that of fire, sweating, redness of eyes, sign of anger on the nose, heavy breathing and diarrhoea are the other symptoms.

Apart from the above, weeping and laughing for nothing, fits, rolling of eyes while seeing, pain all over the body, stabbing or burning pain in the body, eructation, hiccup, yawning and confusion of the mind are the other symptoms. All the three life forces join together and delirium will follow with chillness and sweating all over the body.

Medical toxicity fever (fever due to the effect of drug toxicity)

When the medicines made out of things like mercury, sulphur, arsenic, marking nut, etc are not consumed in correct form and dose, they will cause toxicity and fever may occur due to this. In this type, there will be stomatitis and swelling all over the body. And also there will be cough, wheezing, diarrhoea, vomiting and anorexia.

Toxic fever (fever due to toxic bites)

This fever occurs due to the bite of toxic animals. In the spot of bite, swelling, itching and burning will be seen. General anasarca or swollen face will be seen. Fever with hiccup, eructation, indigestion, greenish vomiting, syncope and unconsciousness will manifest.

Hands and legs would feel very hot; dryness of mouth and tongue will be there. Because of fear of death, crying to everybody that 'I will die' is a symptom of this disease. Pain in joints of the leg, trembling speech, hyper

pyrexia of an intermittent type, swelling of the body and syncope again and again are the other symptoms.

Anger fever (fever due to anger)

When *pittha* gets increased, blood pressure and heat increase and anger arises. Due to anger, unwarranted talk, collision of head with things, darkening of eyes and syncope occur. As a result, the person may fall down unconsciously without any sensation. At that time, hyper pyrexia will be seen.

Fear fever (fever due to fear)

Sudden fear may cause shivering of the body, sweating, headache and fever. With this, burning sensation of stomach, redness of eyes, giddiness, syncope, horripilation, heavy breathing, palpitation, feeling of nothing in stomach, lying withered without energy and clinching of teeth are felt.

Distress fever (fever due to grief)

Due to grief, fever may occur. In this fever, the mind gets affected and due to this, babbling, dancing, singing, weeping, etc., will be seen.

Lust-induced fever

Due to excessive sexual desire, this fever occurs. Because of this, the person would lose reason and propriety of behaviour. Burning sensation in the body and eyes, syncope, thirst, dryness of tongue and palpitation of chest are present.

Fever due to offence against God

This fever is said to occur in those who steal the food meant for offering to God and in those who commit sacrilege against God. When these people regret their misdeeds, this fever may arise. Headache, giddiness, vomiting, syncope, and insanity may mark this fever.

Vomiting fever (fever with vomiting)

In this fever, sweating and diarrhoea will occur. Flatulence, wound-like pain in the body, rumbling noise in the stomach, frequent vomiting, deafness, dryness of tongue, refusal of food, and diarrhoea with painful anus are the other symptoms of this fever.

Salivation fever (fever with excessive salivation)

In this fever, there is salivation in the mouth all the time. Flatulence, vomiting, diarrhoea, emaciation of the body as that of unfed creepers, sour or bitter taste in the mouth and blackish discolouration in the eyes are the other symptoms. There is chillness in the extremities with sweating. There will be excessive thirst, but vomit will occur when water is consumed.

Morning fever, day fever, evening fever, night fever, early morning fever, fever with shivering

Though the signs and symptoms of these fever types are similar to those of other fevers, the names given here indicate the time of occurrence of fever. In the last one, as it is accompanied by shivering, it is named 'fever with shivering'.

Eructation, yawning, hiccup fevers

As these fevers occur due to vitiated *vātha* factor, they can be linked with the *vātha* fever.

Sweating fever and sleepless fever

As the above occur due to vitiated *pittha* factor, they can be linked with the *pittha* fever.

Cough fever, abscess fever, multiple pustules fever, pus fever, coitus fever, unnatural fever

As the above occur due to vitiated *kaba* factor, they can be linked with the *kaba* fever.

The above 4 are classified as acute fever types. Hence they are dealt with in groups and not as separate forms of the disease. So there are 64 types of fever.

Variations of the three *uyir thāthus*

Due to differences in the intake of food and unwanted habits, vitiation of one or more *uyir thāthus* occurs. Because of this vitiation, the *ama* factor in stomach gets affected. The *ama* factor swells in the stomach, and it will interfere in the digestive process and as a result, indigestion occurs. Improperly digested food, or the chyme of improperly digested food will cover the openings of the channels through which the chyme passes. Then the toxic *ama* goes to the intestine where the body fire ascends upwards and spreads all over the body. This aggravated body fire is called fever.

In this disease, since the stomach and intestine get affected, the *udal* (body) *thāthu* like *kshāram* (food essence), blood, fat and muscle, and the excreta like urine and faeces are affected.

The toxic fever which is caused due to external factors, fevers due to drug reaction, *vēga* fever, sex fever, fright-induced fever, distress fever, anger fever, fever due to vicious words, ghost fever, fever due to trauma are the ten types of fever which occur without any changes in the stomach. However, those types of fever spoil the *udal thāthu* and excreta first and then they affect the *uyir thāthu* and the stomach.

Pulse

Diagnosis of diseases through pulse is a basic theory in the siddha medicine. The pulse and its variations in this disease are as follows:

- The *vātha* and *kaba,* if one goes with the other, fever will be present.
- If *pittha* pulse is strong, bone fever will be there.
- If *pittha* pulse and *vātha* pulse join together, intermittent fever may be seen.
- If *vātha* pulse runs as a round ball, digestion gets affected and fever occurs. Fever will be continuous. *Udal thāthu* gets affected and consciousness may also be affected.

- If *vātha* pulse stands erect suddenly and then walks slowly, fever may be present. Fever may not be hectic. It may be like that of the evening rise of temperature which occurs in bone fever.
- If *pittha* pulse goes straight and walks as that of a worm which raises its body and then brings it down, dryness occurs in the body, and bone fever will be present.
- If *vātha* pulse is stronger than its original strength, disease of deformity will occur. If *pittha* pulse also gets strength at that time, fever will be very tough.

The associated diseases of fever

Fever, if it comes, may not leave without the occurrence of associated diseases. Different siddhars have stated about the associated diseases in their treatises. In *Agatthiyar 300*, the diseases which come in association with fever have been described elaborately.

Fever itself is heat: When there is fever, *pitha* gets vitiated, blood gets decreased, scanty painful micturation and bone tuberculosis occur.

Fever itself is cold: If *pitha* and *vātha* together get vitiated or *kaba* gets vitiated at the time of fever, heat reduces. Due to association of *vātha*, soreness of throat occurs. Chillness may cause *vātha* and *kaba* diseases.

Fever itself is *thōdam*: During fever, irregular and undesired food and undesired activities may cause vitiation of *uyir thāthus*. Within ten days after the fever gets cured, if the following activities are undertaken, fever may occur again and it may lead to *janni* or delirium: Drinking of excessive cold water, consuming food having sour saltish, bitter and astringent tastes, using perfumes like sandalwood and civet cat, sleeping in places where there are heavy wind, mist and moonlight, fast walking, travelling in vehicles, anger, weeping and lust.

Fever itself is anaemia: If *vātha* fever, *māral* fever, chill fever, and *thāthugatha* fever persist for long, *pitha* will get increased and blood will get diluted. Because of this, jaundice, anaemia, ocdema and enlargement of liver and spleen will occur.

Fever itself is ganorrhoea or diabetes: *Pittha* fever, hot fever, internal fever, bone fever, dry fever, summer fever, unremitting fever and pox-fever, when they occur due to excessive heat, produce symptoms accordingly. Finally ulcer may occur in lower abdomen and urethral canal. Painful micturition, white discharge and diabetes may occur.

Fever itself is *kaba*: *Kaba* fever, *kaba vātha* fever, cough fever, dry fever, and internal fever will cause reduction of blood. Increase of heat in the lungs will cause malfunctioning of the lungs. The *kaba* in the lungs gets stagnated and because of this many *kaba* diseases occur.

Fever itself is tissue fluid or *sāram*. If *vali* fever, diarrhoeal fever, *vātha kaba* fever, and changing fever (*māral* fever) persist for a longer duration, the strength of body will get reduced. Even after cure, indigestion may persist. Diarrhoea may continue.

Fever itself is thirst: If *pittha* fever, *pittha vātha* fever, unremitting fever, tissue fluid fever, blood- affecting fever continue for a longer duration of time, the body elements get emaciated. Tongue, neck and jaw nerve get heated and so thirst will increase.

Fever itself is dryness: If proper medicines to cure the aftereffects of hot fever, internal fever, dry fever, drug- induced fever and unrelieving fever are not given, the heat may spread to all the seven body elements, and make them dry and weak. The blood also gets dried. So anaemia will occur. Bone tuberculosis may occur because of bone mass reduction. *Pittha* fever and *pittha kaba* fever may cause bleeding. This is called blood *pittha* disease. This blood *pittha* disease will create all respiratory disorders including tuberculosis.

Fever itself is pus: In fever with reduced digestion (*mantha* fever), food will not get digested properly. The chyme of the food gets spoiled and hence all body tissues (seven *udal thāthus*) are damaged and so pus-forming, abscess-like diseases appear.

Fever itself is bone marrow: In dry fever, fever due to lust, and fever due to cough, the heat increases in bones and bone marrow and the brain tends to dissolve.

Fever itself is infantile tuberculosis: Bone fever and *pittha* fever and *mantha* fever which occur in children are difficult to cure and cause infantile tuberculosis. This occurs within the age of 12.

Fever itself is cough: In *kaba* fever, *kaba vātha* fever, bone fever and internal fever, when the disease is getting cured, if there is heat in the *kaba* areas, cough will occur.

Fever itself is tuberculosis: In the above said fevers, or in fever with dryness or in fever with swelling, if the progress of the disease is not controlled, they would spoil the blood which makes the body emaciated.

Fever itself is piercing pain (*sūlai*) : In fevers of *kaba* and *vātha*, blood gets spoiled and fluid effusion occurs in joints and it will cause piercing pain in the joints.

Fever itself is itching disease: If the fever of daily occurrence or of an intermittent nature or changing fever or *vātha* or *vātha kaba* or *vātha pittha* fever attacks heavily and causes indigestion, itching occurs due to spoilt blood.

Fever itself is ulcer: In this fever, because of hectic fever, the body tissues lose their strength and make one bedridden. Because of it, bedsore occurs in hip, back, thigh and bony prominences.

Fever itself is *pittha* : As *pittha* gets increased and causes *pittha* fever, and as *pittha vātha* fever and *veri* (insane) fever persist for a prolonged period, schizophrenic-like mental disorder will occur.

Fever itself is *vātha* : In *kaba* fever, *kaba vātha* fever, if the medicine having the action of *kaba* reduction becomes excessive, it reduces the *kaba* heavily and because of this, *vātha* gets increased. At this stage, *vātha* disease with constipation and scanty micturition occurs. Gas in intestine increases in such a condition.

Fever itself is sputum accumulation: In *kaba* and *kaba-vātha* fevers, due to excess *kaba*, *vātha* gets reduced and so the function of expelling wastes from the body declines. Because of this, the sputum in lungs cannot be expelled and so it accumulates and causes *īlai* disease.

Fever itself is dyspnoea: In the kinds of fever referred to above, *vātha* gets reduced. Because of this, excessive sputum formation occurs and results in dyspnoea.

4

Treatment of Fever

Introduction

Siddhars are of the opinion that defective dietetic factors are the main reason for the occurrence of fever. Hence in the treatment of this disease, the preliminary cause is to be rectified first. Normalisation of deranged *uyir thāthus* or life forces (*vātha*, *pittha* and *kaba*) can be done by the methods of fasting, purgation and vomiting. When the disease cannot be brought under control, decoction, powder, tablets, wax form medicines (*mezhugu*) and calcined powders (*parpam* and *chendūram*) can be given. For the other related conditions which occur then and there, nasal applications, eye medicines and diaphoretic medicines can be used.

Fasting

In Siddha literatures, the number of days for fasting is specified for various diseases. 7 days for *vātha* type of fever, 6 days for *pittha* fever, 9 days for *kaba* fever and 10 days for delirium (*janni*) are the specification. Fever will be got reduced by adopting the fasting method of treatment as said above. If not, medicines and porridge can be given as per procedure.

There is another school of thought in this regard. Severe fasting is not advocated by this method. For *vātha* fever, fasting is advised only for 3 days. For *pittha* fever, a small quantity of food with some decoction is advised. For *kaba* fever, medicines and porridge may be given. Fever will get reduced by following the above procedures.

Fasting should be observed on the first day of fever. On the second day after rising from bed, tooth, tongue and mouth should be cleaned properly; face should be washed in cold water; body and head should be covered with cloth; the left hand should be put down. This procedure is to be followed for 3 days. On the fourth day morning, water which is boiled and cooled should be given. Then a clearing nut (strychnos potatorum) should be bitten in the mouth very well, tasted and swallowed. Fever will be cured by this method.

Some Siddhars like Thērar criticised the fasting method while many others advocated the procedure of fasting to remove the ill-effects of dietetic abnormalities and to normalise the deranged life forces.

Thērar has stated that the South Indian food habits are such that the foods people consume are easily digestible, and the food stuff they eat is only for the purpose of keeping the body strong enough to keep the life force intact and to live with a sound mind. The people of this region are not *very* fatty, sturdy or tall. Hence fasting from 7 to 10 days is not good enough for these people. Instead, it will only do harm to the body. Because of this, Thērar seemed to have criticised the fasting procedure.

However, Thērar has not advised them to have normal diet while suffering from fever. He says that diet should be prescribed according to the severity of the illness. The physician should not act only on the basis of the literature. He should, through experience, understand the nature of the disease, the strength of the patient, the living condition of the patient, and the seasonal variations while prescribing this technique. Thērar criticises only those who are acting on the basis of bookish knowledge without applying their minds to other factors.

Though it is traditionally said that "fasting is a great medicine", it is the duty of the physician to study the nature of the patient and the illness and prescribe certain easily digestible food and cure the disease. The opinion of Thērar is that excess food or no food will cause harm to the body and produce illness.

Thirumūlar has stated that a small quantity of food is advisable for 7 days instead of normal or heavy food. After 7 days, the quantity of food can be increased slowly. Until fever gets cured fully, rice food should not be taken.

There is also another saying: 'A small amount of food is a great medicine'. By this saying it is meant that in fever-like diseases, porridge is enough instead of normal rice food, until fever gets cured.

Owing to excess intake of food, the body becomes fatty and indigestion (*mantham*) occurs. So the life forces (*vātha*, *pittha* and *kaba*) get deranged. Normalising the deranged life forces (*uyirthāthu*), improving the digestive fire, reducing the body weight and reducing the increased temperature are the factors which require fasting according to their condition. If fasting is in excess, the body will become weak and dryness will occur in the body. Laziness, nausea, tiredness, sleepy nature, syncope, thirst, vomiting, cough, hard breathing (dyspnoea), hiccough, and hectic rise of temperature will also occur. So fasting should be avoided for kinds of fever where the body weakens more, for weak patients where weakness is due to some other diseases before the occurrence of fever, and for fever due to love affair, anger, worry and fear.

Purgation technique

There will be constipation in *vātha* fever by nature. To remove this, *vātha*- controlling medicines like *sanjīvi* tablets, *kōdāsūri* tablets, *atta bairava* tablets, *thāzhampū* tablets, *ilavangāthi* tablets, *Agatthiyar kuzhampu* and *Kaushikar kuzhampu* can be given in doses according to the strength of the body.

In *pittha* fevers, mild diarrhoea is a symptom. In such cases, purgatives should not be given. If motion does not occur normally, a docotion with the following ingredients can be given.

Liquorice (glycyrrhiza glabra)

Parpādakam (mollugo ceiviauc)

Sīmai sāmanthi (anthenni dies flower)

Nilavākai -Tirunelveli senna (cassia senna)

9 gm (quarter *palam*) of each may be taken. Half a measure of water may be poured into it. It may be boiled and reduced to 1/4 or 1/8 and made into a decoction. If it is consumed, loose motion occurs one or two times.

In *kabha* fever, complete constipation or passing of one or two loose motions, involuntarily, or getting controlled at times may happen. For this, purgatives like *Agatthiyar kuzhampu* or *Kaushikar kuzhampu* can be given in doses prescribed in tune with the condition of the disease. If there is a condition where purgatives cannot be given orally, purgative medicines are to be applied externally as a paste or to be applied on teeth or smelt.

Vomiting technique

In *vātha* fever and *pittha* fever, it is not good to induce vomiting. In *kaba* fever, as there is a natural accumulation of sputum in lungs and stomach, vomiting medicines can be administered as per the condition of the patient and the condition of the disease. If possible, a single medicine that induces both purgation and vomiting can be used; Or with purgative pills or tablets, some adjuvants which produce vomiting can be used. The adjuvants may be some leaf juice or decoction of raw substances. For example, *sanjīvi* tablets when given with *utthāmani* (daemia sytena) juice or *ilaikkalli* (euphorbia nirula) juice induce both diarrhoea and vomiting. *Venkākkatān* (clitoria ternatea) pills when given along with bile stone of ox (*kōrōsanai*) powder induce both vomiting and diarrhoea.

Technique of diaphoresis

Diaphoresis would provide relief from fever due to toxicity, from oedematous condition due to *kaba* where headache is present, due to retention of water from the head and body, from piercing pain in the head and from sensation of heaviness of the body.

Diaphoresis will help to remove heaviness of head due to *kaba*, excess heat, and unrelieving fever.

The smoke which arises at the time of burning rolled plain cloth or rolled carbonated cloth may be inhaled for fever on the above-said condition. The water will be expelled and the disease including chest pain will go. The body will turn bright.

In chill fever and *kaba* fever, diaphoresis will give relief. As sweat comes out by this process, the toxic factor of the body gets removed and so heaviness of the body and body pain get reduced. Also the severity of fever gets reduced.

A decoction of *nochi* (vitex negunda) leaves (4 handfuls) and turmeric 17.5 gm (1/2 *palam*) may be prepared and boiled again. While it is hot, hot pieces of brick may be put inside the decoction. The vapour can be used as a diaphoretic agent.

Eye and nose medicines

For *kaba* diseases and for delirium patients where all the three life forces (*uyir thāthu*) get deranged, eye and nose medicines are used to normalize the deranged life forces.

Eye applications like ointments (*mai* or *kalikkam*), nasal snuff powders and rolled cloths for putting inside the nose are explained in literatures like *Siddha Vaidhya Thirattu*, *Thērar Venpā*, *Thērar Sēkarappā*, etc.

Eye application (*kalikkam*)

Cloves (*ilavangam*) may be kept soaked in mother's milk. Then the soaked cloves may be put in a cloth bundle and one or two drops from it may be squeezed out in the eye. The bad symptoms of delirium will get cured.

Cinnabar (*ilingam*), yellow arsenic (*arithāram*) and coptis teetawall (*pītharōkani*) may be ground with lime juice and dried. This can be applied in the eye following suitable procedures.

Take equal quantities of white dead nettle roots, dried ginger, pepper and long pepper, mash them with mother's milk and again with honey, make it a round ball and dry. It can be mixed with the juice of basil leaves (ocimum sanctum) and applied to the eye.

Nasal medicines

Long pepper, turmeric, bishop's weed and pepper–make these into a fine powder, spread it on a nice cloth. Roll and soak it in neem oil. Burn it at one end; The smoke coming out of it may be inhaled. On inhaling the smoke,

water will come out from the nose and by this method fever gets cured. Heaviness in the head is reduced. The whole of the body may be made to have a feel of this smoke.

The juice of white dead nettle (ocimum sanctum) may be used as nasal drop.

External application of paste (poultice)

- Juice of *vēlipparutthi* (pergularia dacmia) leaves
  Garlic (allium sativum)
  Bamboo seed
  Bamboo salt (tabasheer)
  Potassium nitrate salt

Grind all these with water and heat them. This may be applied externally. Fever will get cured. The severe body pain will be relieved.

- Potassium nitrate
  Seeds of *jaumoon* (syzygium cumini)
  Root of *nērvāla* (croton tiglium)

Make powder of the above and mix it with the mastwood seed oil *(punnai* oil). This paste may be applied externally. Pain in joints of extremities, and delirium will get cured.

- Powder of clearing nut (*thētrān kottai*) may be mixed with neem oil and the paste applied externally. Chest pain, cardiac attack, *vātha* diseases, and liver diseases which are attendant on fever will get cured.

Bed

As the diseased person has to be in bed for a prolonged period, the bed should be in a such a way that it does not irritate the weakened body of the patient. In fevers, care should be taken in the making of bed. For fever patients, beds of white silk cotton will be good.

In this connection, Thēraiyar observes that fever will go while sleeping on the bed of white silk cotton. Avvaiyār has also stated, "Sleep in white silk cotton". Dwarf wild date-palm matting would be an alternative for those who cannot afford a silk cotton bed. *Thēraiyar Guna vākatam* says:

cirrīcup pāyil thinamum patuppa varuk
karritumē kāntal utampularum-curriya thōr
vāyuvarum pitthamarum marrum kabanthīrum
thāyakamā mikkunatthaic cārru

(For those who sleep on date palm mat daily, fever will not occur. *vātha* diseases will get removed; excess *pittha* will get removed, *kaba* diseases will also be cured.)

Fan (*visiri*)

The characteristic feature of fever is sweating after the remission of fever. Lassitude and dyspnoea are also the post-fever features. As such, use of fan is necessary to get pure air for the patient, for the external body and for inhalation. From *Thēraiyar Guna vākatam*, we learn that fans made of peacock feathers are good for *pittha* diseases, palmyrah leaf fans are good for *vātha, pittha* and *kaba*-affected persons and cuscus grass fans are good for *pittha* and burning type of fevers.

Nature of peacock feather fans

If fans made of peacock feathers are used, there would be relief from delirium (*janni*), abdominal disorders (*gunmam*), giddiness, hiccough, sweating, and *pittha*, *vātha* and *kaba* disorder. Intellectual power will increase.

Character of palmyrah fans

By the air of palmyrah fans, diseases due to increase of *vātha*, *pittha* and *kaba* factors and tastelessness in tongue will see relief.

Character of cuscus grass fans

People afflicted with increased *pittha*, burning sensation, thirst and sexual desire coud use fans of cuscus grass.

Bedsheets or blankets

Blankets or bedsheets are important in cold fever and *kaba* fever. If the body is not covered properly, because of chill air, the patient will be affected by common cold. Hence protection of body is important till the disease gets cured. For this, woollen sheets will be healthful.

Decoction type medicines

In Siddha literatures, many types of decoction and the medicines to be taken along with them for fever are explained in detail. They are grouped here:

Vātha fever

- *Chitrāmutti* (rose-coloured sticky mallow – pavonia zeylanica)
  Pērāmutti (paronia odorata)
  Chirukānjori root (root of Indian stinging nettle – tragia)
  Gulancha stem (stem of tinospera cordiofolia)
  Dry ginger
  Pepper
  Long pepper
  Kōttam (saussurea costus)

Take 35 gm (1 *palam*) in each and make a decoction in the proper way, which may be given in the morning and evening.

- Fried greens of *campā* paddy 1 measure
  Dry ginger (skin removed)
  Roots of cynodon grass (joints removed)

Bundle them in a cloth and boil it immersed in water. This is called *mudikkanji* (tied-up gruel) which can be given from the first day of fever up to seven days. From the eighth day onwards, rice and pepper water (*rasam*) can be given.

Take two measures of the above-said gruel. Add the following, each 5.2 gm (one *kazhanju*).

Konrai skin (skin of cassia fistula)
Rock salt
Dry ginger
White cuscus grass (cymbopogon jwaranansā)
Sirukānjori (Indian stinging nettle - tragia involucrata)
Gulancha - (tinospora cordifolia)
Pankampālai (aristolochia bracteata)
Wild snakegourd
Sēvagan pūndu (gloreosa superba)
Kadugu rōgini (picrorrhiza kurroa)
Thiripālai (three fruits - terminalia chebula, phyllanthus emlica and terminalia bellerica)

Make them into coarse powder by pounding them, mix them in the gruel and boil them to get 1/4 measure of the decoction.

A small quantity of long pepper powder may be added to it. This may be consumed in the morning and evening. *Vātha* fever and its allied disorders like pricking pain in joints, chest pain, and chillness will be cured.

- Dried ginger 2 *kazhanjus* (10.4 gm)
  Sāranai vēr - (root of trianthersa portulacastrum) (10.4 gm)
  Pērāmutti vēr -(root of pavonia odorata) 5.2 gm
  Garlic – 10.4 gm

Pound them coarsely, add 2 measures of water, reduce it to 1/4 of measure, add long pepper powder and drink in dosages of 1/8 of a measure in the morning and the evening.

- *Dēvadāram* (cela - cedrus deodara)
  Kōrai tuber (cyperus rotundus)
  Kandankatthari (solanum surattense)
  Dry ginger
  Kōttam (saussurea costus)
  Siruthēkku (clerodendrum serratum)
  Parpātaham (mollugo cerviana)

Long pepper
Gall-nut

Take 5.2 gm (one *kazhanju*) in each of the above, add eight measurers of water, reduce it to 1 measure by boiling. In doses of 1/8 of a measure of decoction, adding fresh honey and long peper powder, it can be given in the morning and the evening for *vātha* fever.

- *Kandankathari* (solanum surattense)
  Gulancha stem (stem of tinospora cordifolia)
  Dry ginger
  Mutthakkāsu (cyprus costus)
  Kōttam (saussurea costus)
  Sirukānjorivēr (root of tragia involucrata)
  Nilavēmbu (andrographis paniculata)
  Long pepper
  Parpādagam (mollugo cerviana)
  Siruthēkku (clerodendrum serratum)

Take 15.6 gm (3 *kazhanju*) in each, add 2 measures of water, boil and reduce it to 1/4 of a measure. Take 1/8 of a measure in the morning and the evening. *Vātha* fever and excess salivation will be cured.

- *Chitrāmutti* (pavonia zeylanica)
  Nilavēmpu (andrographis paniculata)
  Kandankathari (solanum surattense)
  Wild snakegourd
  Parpādagam (molluga cerviana)
  Vēlipparutthi (pergularia dacmia)
  Dried ginger
  Cuscus grass
  White cuscus grass root (root of cymbopogon jwaranansa)
  Lotus stem
  Perumkurumpai (hoptage madabtte)

Pepper
Onion
Long pepper
Gall-nut
Siruthēkku (clerodendrum serratum)

Take 5.2 gm (1 *kazhanju*) in each of the above and fry them up till they get a golden colour. Add 2 measures of water, boil and reduce it to 1 measure; add rock salt, long pepper powder and honey to it and give it for *vātha* fever and excess salivation.

- Malabar-nut
  Kōrai tuber (cyperus rotundus)
  Ponnānkāni root (root of alternanthera sessile)
  South Indian mahua flower
  Palm-dates
  Grapes with seeds
  Thāmarai valaiyam (nelumbium speciosum)
  Perumkurumbai (hoptage madabtte)
  Makilampū (mimusops elengi)
  Rind of bael fruit
  Roots of five herbs, viz., *siruvazhuthunai, sirunerunci, sirumalligai, perumalligai* and *kandankatthari*
  Thānrikkāy (terminalia belerica)
  Emblic myrobalan fruit
  Gall-nut
  Pepper
  Long pepper
  Dried ginger
  Gum of neem
  Black pepper root
  Ammān pacharisi (euphorbia pilurifera)

Sīthēvi senkazhunīr tuber (rhizane of pontederia vaginalis)
Athividayam (aconitum heterophyllum - atis root)

Take equal quantities of the above and make a decoction. In doses of 1/8 of a measure, give it in the morning and the evening. Shivering fever and vomiting will be cured.

- Fried paddy
  Greengram
  Cedar

Take 15.6 gm (3 *kazhanju*) in each; add 2 measures of water, reduce it to one measure by boiling. Take 1/8 of a measure per day as adjuvant to white arsenics (*vellai pādāna parpam*) for 7 days.

- Gulancha stem (stem of tinospora cordifolia) 31.2 gm (6 *kazhanjus*)
  Coriander 5.2 gm
  Kōrai tuber (cyperus rotundus) 5.2 gm
  Dried ginger 5.2 gm
  Cedar 5.2 gm

Pound them into small pieces. Add 2 measures of water, boil and reduce the content to 1/8 of it; Add a little long pepper powder to it and consume it in the morning and the evening.

- Dry ginger
  Black pepper (root of pepper nigrum)
  Kadugurōgani (picrorbiza kurroa)
  Gulancha stem (stem of tinospora cordifolia)
  Parpādagam (mollugo cerviana)
  Vilāmichu (cymbopogon jwaranausa)
  Maramanjal (berperio aistatica)
  Sirukānjori (tragia involucrate)
  Cedar
  Karia sīragam (nigella saliva)

Take 10.4 gm (2 *kazhanjus*) in each of the above, add 2 measures of water, boil and reduce it to 1/4 of a measure. Add a little long pepper powder and powder of rock salt to it and take it in the early morning.

Vātha pittha fever

Kīzhā nelli (phyllanthus amarus)
Wild snakegourd
Kōttam (saussurea costus)
Sīnthil (thinospora cordifolia)
Siruthēkku (clerodendrum serratum)
Ribs of neem
Sirunāgappū (mesua ferrca)
Malaithāngi (sida acuta - velvet leaf pareisa)
Pangampālai (aristolochia bracteata)
Sirukānjori (tragelia involucrate)
Cedar
Pepper
Kōrai tuber (cypress rotundus)

Take 10.4 gm (2 *kazhanjus*) in each, Add 2 measures of water and prepare a decoction as per procedure. In proper doses according to the nature of the disease, give it along with the powder of gallstone of ox (*kōrōsanam*), long pepper powder and with a little honey. *Vātha pittha* fever will be cured.

- Coriander
  Sirukānjori (tragia involucrata)
  Liquorice
  Sarakkonrai (cassia fistula) barks
  Sirumūlam (oldeulandia vunbella)
  Kōrai tuber (cyprus rotunolus)
  Parpādagam (mollugo cerviana)
  Indian sarsaparilla

Iruvēli (insus grass - coedus *vettivē*roides)
Kuthirai vāli vēr (root of cuserta reflexa)
Wild snakegourd
Cedar
Mutkāy vēlai vēr (root of tephrosia spinosa)
Root of white cuscus grass (cymbopogon jwaranisa)

Take 2.6 gm (1/2 *kazhanju*) in each of the above, add 2 measures of water, reduce it to 1/4 of a measure. Take 1/8 of the measure of this decoction in the morning and evening along with long pepper powder and honey. *Vātha pittha* fever will be cured.

Vātha kaba fever

- In this case, up to 2 days, twice -boiled rice porridge should be given. On the third day, decoction made from dried ginger, greengram and fried paddy should be given. On the seventh day, the above-said decoction should be given. To this must be added 15.6 gm each of *sinthil* (tinospora cordifolia), root of pomegranate, root of black basil, root of *kōrai* tuber and dry ginger. Boil it and make a decoction of it. Add necessary water and reduce it to 1/8 of it. Add some amount of long pepper powder and give it to the patient. V*ātha-kaba* fever will get cured.

- Cedar
  Black pepper root (root of pepper nigrum)
  Kadugurōkini (picrorrhiza kurroa)
  Maramanjal (berberis aristata)
  Long pepper

Take 10.4gm (2 *kazhanjus*) in each and make a decoction as per procedure. Add rock salt and long pepper powder to it to the amount of 2 large pinches. And give it to the patient.

Kōttam (saussurea costus)
Perumkurumbai (atalancia monophila)

Sandal
Pēymusuttai (impomoea caudicaus)
Black mustard
Gallstone of ox (bezoar)
Petioles of neem
Siruthēkku (derodendrum servatum)
Liquorice
Gulancha stem (stem of tinospora cordifolia)
Athividaiyam (acouitum heterophyllam)
Perumkumizh vēr (root of grelina asiatica)

Take equal quantities of the above and make a decoction. If it is given in proper dosage *vātha-kaba* fever will get cured.

- Cedar
  Dried ginger
  Parpādagam (mollugo cerviana)
  Coriander
  Sweet flag
  Pepper
  Grapes
  Long pepper
  Kōrai tuber (cyperus rotund us)

Take 15.6 gm (3 *kazhanjus*) in each of them and make them into small pieces. Add 2 measures of water, boil and reduce it to 1/4 of a measure. Add asafoetida to it and take it in the morning and the evening in the dosage of 1/8 of a measure. It will remove the impairment in the intestine which occurs due to the bad effects of *vātha* and *kaba* and cure fever.

- *Kodikkumizh vēr* (root of grelina asiatica)
  Gall-nut
  Gulancha (tinospora cordifolia)
  Bitter luffa
  South Indian mahua flower

Dried ginger
Root of malabar-nut

Take 15.6 gm (3 *kazhanjus*) in each of the above, pound them and put them into a pot. Add 2 measures of water, boil and reduce it to 1/4 of its measure. Add long pepper and rock salt and honey to this and take it in the morning and the evening. *Vātha kaba* fever will be cured.

Vātha janni fever

- *Kōrai* tuber (cyperus rotund us)
  Sānāchi kīrai (a kind of basil)
  Ponnānkāni (alternanthere sessilis)
  Mango flower
  Cuscus grass
  Gall-nut
  Emblic myrobalan fruit
  Thāndri kāy (terminalia belerica)
  Greengram
  Long pepper
  Kuruvai paddy

Take equal quantities in each of the above. Add some amount of gisekia pharnaceoides (*manali kīrai*) and coriander.
At first, the *kuruvai* paddy should be fried in an earthen pot along with some butter. Add water and also the other ingredients to it and boil. Then add a little of mollugo cerviana (*parpādagam*) to it. It can be given in the morning and the evening. Fever along with thirst and the burning sensation of the body will be cured.

- Take the barks of babul tree and cut them into small pieces and pound them. Put them in a pot, add water and mix it well. Then boil to a reduced form. Take liquorice , cardamom, dried ginger, rock salt, coriander, pepper,

and gall-nut in equal quantities and grind them in the juice made out of the bark of tamarind tree. Mix this paste with the above decoction and boil. When it comes to a wax form, stop boiling. Put the wax form in the tongue and taste it. By this, excessive salivation, dryness of the tongue, thirst which occurs due to the derangement of *kaba* and *pittha* will be cured. Delirium will go. For diet, porridge made out of rice and dry ginger should be given. Rice should be cooked with dry ginger. It should be tied up in a piece of cloth and this bundle should be immersed in water and boiled. This is the procedure for making this porridge or gruel. When it is given for 7 days to *vātha janni* patients, it will be cured.

- *Chitrāmutti* (pavonia zeylanica)
  Chirukānjori (tragia involucrate)
  Sarsaparilla
  Pērāmutti (pavonia odorata)
  Neem
  Kōrai tuber (cyperus rotundus)
  Sīnthil (tinospora cordifolia)

Take 10.2gm (2 *kazhanjus*) in each of it. Add 2 measures of water, boil and reduce it to 1/8 of its part. Give it in a dose of 1/8 of a measure in the morning and the evening along with long pepper powder and honey. *Vātha* delirium (*janni*) will be cured.

- Dried ginger
  Gall-nut
  Emblic myrobalan fruit
  Thāndrikkāy (terminalia belerica)
  Bitter luffa
  Vilāmichu vēr (root of cymbopogon jwarancusa)
  Cuscus grass
  Coriander
  Parpādagam (mollugo cerviana)

Kottai munthirigai (seeded grapes)
Date-palm
Cedar
Flower of South India mahua
Kōrai tuber (cyperus rotandus)
Kadugu rōgini (picrorrhiza kurroa)
Pangampālai (oldenlandia vunbella)
Cirukānchori (tragia involuerata)

Take 10.4 gm (2 *kazhanjus*) in each. Pound them into small pieces. Add 2 measures of water to it, boil and reduce it to 1/8 of it. In dosages of 1/8 of a measure, give it along with long pepper powder and honey. By this, *vātha* fever and *vātha* delirium (*muppini*) will be cured.

Azhal fever

- *Chitrāmutti* (pavonia zeylanica)
  Dried ginger

Take 15.6 gm (3 *kazhanjus*) in each, pound them, add water and make a decoction as per procedure. Rice may be boiled in tender coconut water. Give both this decoction and rice for eight days. From ninth day onwards, give the following decoction:

Root of bael tree
Chitrāmutti vēr (root of pavonia zeylanica)
Pāthiri vēr (root of sterospermum chelonoides)
Stem of bottle-gourd

Take 10.4 gm (2 *kazhanjus*) in each and add two handfuls of greengram and coriander to it. Add 2 measures of water, boil and reduce it to 1/4 of a measure. Give it in the morning and the evening with honey. By this, *pittha* fever will be cured.

- Gulancha (tinospora cordifolia)
  Parpādagam (mollugo cerviana)
  Sandal
  White cuscus grass root (root of cymbopogon jwarancusa)

Dried ginger
Iruvēli (coedus vettivēroides)
Chitrāmutti(pavonia zeylanica)
Kōrai tuber (cyperus rotandus)

Take 10.4 gm (2 *kazhanjus*) in each, add 2 measures of water, boil and reduce it to 1/4 of a measure. By this decoction, *pittha* fever will be cured.

- Dried ginger
  Iruvēli (coedus vellivēroides)
  Vilāmichu (cymbopogon jwarancusa)
  Barks of pipal tree
  Kōrai tuber (cyperus rotandus)
  Sirukānjori (tragia involucrate)
  Āduthīndā pālai (aristolochia bracteoata)
  Kōttam (saussurea costus)

Each of the above in 5.2 gm (1 *kazhanju*) may be taken. Add 2 measures of water, boil and reduce it to 1/4 of a measure. If it is taken in the morning and the evening, *pittha* fever, in which all muscles get emaciated, and diarrhoea get cured.

- Liquorice
  Chitrāmutti (pavonia zeylanica)
  Palm-date
  Sandal
  Dried ginger
  Iruvēli (coedus vellivēroides)
  Ribs of neem (Azairachta indica)
  Gall-nut
  Emblic myrobalan fruit
  Thāndrikkāy (terminalia belerica)
  Thāmarai tuber (rhisome of lotus – rhizhome of nelumbo nucifera)
  Dēvadhāru (cedrus deodara)
  Grapes

Flower of lime
Wild snakegourd
White cuscus grass (cymbopogon jwarancusa)

Take 5.2 gm (one *kazhanju*) in each, add 2 measures of water, boil and reduce it to 1/4 of a measure. Take it in the morning and the evening along with honey and sugar.

- Flower of South Indian mahua
  Vetpālai seed (seeds of wrightia tinctoria)
  Parpādagam (mollugo cerviana)
  Sarsaparilla
  Water lily tuber
  Dried ginger
  Grapes
  Lotus stalk

Take 5.2 gm (one *kazhanju*) in each. Mix mother's milk in half the quantity of the above with the above ingredients. If consumed in the morning and the evening, fever will be cured.

- Gall-nut
  Coriander
  Sivathai (operculina turpethum – Indian jalap)
  Greengram
  Dried ginger
  Kadugurōhini (picrorrhiza kurroea)

Prepare a decoction with the above ingredients as per procedure and consume it in suitable doses. Loose motion will be there. The next day, prepare a decoction with the following:

- *Kōttam* (saussurea costus)
  Bitter luffa
  Sirukānjori (tragelia involucrate)
  Sandal
  Nilavēmbu (andrographis paniculata)

Parpādagam (molluga cerviana)
Root of malabar-nut
Chitrāmutti (pavonia zeylanica)
Grapes
Kōrai tuber (cyperus rotund us)

Take 5.2 gm (one *kazhanju*) in each of it; add 2 measures of water, boil and reduce it to 1/4 of a measure. Add a little sugar and consume it in the morning and the evening.

Vomiting fever

- Root of bael tree
  Dried ginger
  White cuscus grass root (root of cymbopogon jwaramcusa)
  Cuscus grass
  Sirukānjori (tragelia involucrate)
  Iruvēli (coedus vellivēroides)

Take 5.2 gm (one *kazhanju*) in each, fried paddy (6 *kazhanjus*) and water (one measure). Boil and reduce it to 1/8 of its quantity. Add honey. Fever will be cured. Vomiting will stop.

***Pittha vātha* fever**

- *Chitrarathai* (alpinia officinarum)
  Kurumpai
  Pepper
  Greengram
  Coriander

Fry the above up to golden colour; add 1 measure of water, boil and reduce it to a decoction. Take it for 3 days along with long pepper powder and honey. Take simple food like porridge.

- *Utthāmani* (daemia extena)
  Kuthiraivāli (cuscuta reflexa)
  Climbing brinjal

Kandankathari (solanum surattense)
Wild snakegourd
Bitter luffa
Cow's thorn (tribulus terrestris)
Pericarp of the fruit of bael tree
Chitrāmutti (pavonia zeylanica)
Liquorice
Dill (anethum sowa kuzh)
Emblic myrobalan
Thāndrikkāy (terminalia belerica)
Bishop's weed
Flower of South Indian mahua
Pepper
Cashew nut
Palm-date

Take 5.2 gm (one *kazhanju*) in each; add two measures of water; reduce it to ¼. Add long pepper powder and honey. Fever will be cured.

- Dried ginger
  Coriander

Bundle these two in a cloth and boil it immersing in water. Before taking it away from the fire, add a handful of fried paddy to it. Consume this water for 7 days. After the 7th day, the following decoction may be prepared and consumed.

Gulancha (thinospora cordifolia)
Muppalai (three myrobalans-*katu, tānri* and *nelli*)
Velpālai arisi (seeds of wrightia tinctoria)
Water-lily tuber

Take 15.6 gm (3 *kazhanjus*) in each; add water and reduce it to one eighth of water. Take this decoction in 1/8 of a measure in the morning and the evening. Fever will be cured.

- Ripe neem barks
  Wild snakegourd
  Sandal
  Iruvēli (coedus vellivēroides)
  Liquorice
  Gulancha stem (root of thinospora cordifolia)
  Malai vetpālai (wrightia tinctoria (hillock area))
  Rice
  Dried ginger
  Emblic myrobalan fruit
  Gall-nut
  Thāndrikkāy (terminalia belerica)
  Kadugurōgini (picrorrhiza kurroea)
  Cedar
  Kōrai tuber (cypress rotundus)
  White cuscus grass (cymbopogon jwaramcusa)

Take 5.2 gm (one *kazhanju*) in each, add 2 measures of water, boil and reduce it to 1/4 of the measure. Give it in doses of 1/8 of the measure in the morning and the evening with honey.

- Dried ginger
  Coriander
  Kōttam (saussurea costus)
  Ribs of neem
  Gulancha creeper (thinospora cordifolia)
  Maramanjal (berberis aristata)
  Karippālai thandu (stem of vomiting swallow wort)
  Liquorice
  Sirukānjori (tragelia involucrate)
  Long pepper
  Root of long pepper

Take 5.2 gm (one *kazhanju*) in each; add 2 measures of water; boil it and reduce it to 1/8 of its volume. Consume it in doses of 1/8 of a measure.

The three *(vātha, pittha* and *kaba)* humours

Nila vēmbu (andrographis paniculata)
White cuscus grass (cymbopogon jwaramcusa)
Sāranaivēr (root of trianthema portulacastrum)
Root of white dead nettle
Kandankathari vēr (root of solanum surattense)
Chitrarathai (alpinia officinarum)
Kallivēr (root of euphorbia calli)
Kodivēli (plumbago zeylanica)

Take 35 gm (one *palam*) in each; make a decoction and consume it in the morning and the evening.

Kaba fever

- *Kandankathari* (solanum surattense)
  Dry ginger
  Rind of bael tree

Take equal quantities of each; add 2 measures of water, boil and reduce it to 1/4 of its measure; consume it in the morning and the evening.
Cook rice in the above decoction; take this rice and decoction for eight days. Fever will be cured. If it is not cured by this, after 2 days of fasting, the following decoction may be given the following day:

Dry ginger
Long pepper
Sandal
Grapes
Gall-nut
Emblic myrobalan fruit
Thāndrikkāy (terminalia belerica)

Take 20. 8 gm (four *kazhanjus*) in each, add 2 measures of water; boil and reduce it to 1/8 of it. Add asafoetida, honey and long pepper to it, and give it to the patient. The disease will be cured.

- Gulancha stem (stem of thinospora cordifolia)
  Parpādagam (molluga cerviana)
  Sirupanchamūlam (roots of five herbs, viz., *siruvazhuthunai, sirunerunci, sirumalligai, perumalligai* and *kandankatthari*
  Dried ginger
  Mutkāyvēlai vēr (root of ajaganda)

Take 2.6 gm (1/2 *kazhanju*) in each; add 2 measures of water, reduce it to 1/8 of its part, add honey and long pepper and consume it. Fever will be cured.

- Dried ginger
  Gall-nut
  Kadugurōkhini (picrorrhiza kurroea)
  Black pepper root (root of piper nigrum)
  Maramanjal (berberis aristata)
  Clearing-nut

Take 10.4 gm (2 *kazhanjus*) in each; add 2 measures of water and reduce it to 1/4 of the measure. Give it along with honey and rock salt. The disease will be cured.

- The roots of sarsparilla
  The roots of climbing brinjal
  The roots of *sirukānjori* (tragelia involucrata)
  Malabar-nut
  Gall-nut
  Emblic myrobalan fruit
  Thāndrikkāy (terminalia belerica)
  Dried ginger
  Imbūral (aedyotis puberula)
  Pankampālai (aristolochia bracteata)

Take 10.4 gm (two *kazhanjus*) in each; add 2 measures of water; reduce it to 1/8 of it; add honey and rock salt and consume it in suitable doses. *Kaba* fever will be cured.

- *Utthāmani* (daemia extena)
  Nochi (vitex negundo)
  Kandamkatthari (solanum surattense)
  Varalmulli (amaranthus spinosus)
  Ginger
  Malabar-nut

Cook them in *pittaviyal* (meal-cake cooked in steam) process, make a juice from them, add a little quantity of long pepper powder to it and consume it along with *pūbathy* pill in suitable doses. *Kaba* fever will be cured.

Kaba vātha fever

- To make the *kaba* not to increase in its level during the attack of fever, consume the following decoction:
  Gall-nut
  Emblic myrobalan
  Thāndrikkāy (terminalia belerica)

Take the above three in equal quantities and make a decoction of them. Take the decoction in a needed dose; add some quantity of long pepper powder and consume it for three days. After this, consume the following decoction:

Climbing brinjal
Semmulli (barleria prionitis)
Sivanār vēmbu vēr (root of Indigofora aspalathoides)
Liquorice
Kōttam (saussurea costus)
Red sandal
Cearing-nut
Kōrai tuber (cyprus rotundus)

Take 5.2 gm (one *kazhanju*) in each; add 2 measures of water and boil it up to a form of thick decoction. Add sugar and drink.

- Fresh sandal
  Eaglewood (aquilaria malaccensis)

Gall-nut
Emblic myrobalan fruit
Gulancha (thinospora cordifolia)
Kandankatthari (solanum surattense)
Parpādagam (molluga cerviana)

Take 10.4 gm (2 *kazhanjus*) in each and make a decoction. Add some quantity of arrowroot (*kūgai nīru*) and drink. *Kaba vātha* fever will be cured.

Kaba-pittha fever

- Earthworm
  Nīrmulli vēr (root of asteracantha longifolia)
  Sarsaparilla

Take equal quantities of the above, add the needed quantity of water, boil and filter it. Boil rice in this water and make rice food. This rice food can be taken in along with pepper water for 7 times (occasions). The ill effects of *kabam* get removed.

- Prepare a decoction of the following:
  Ādutīndāp pālai (aristolochia bracteata)
  Coriander
  Clearing-nut
  Dried ginger
  Flower of climbing brinjal
  Brinjal flower
  Kaivāsippū (flower of eclipta alba)
  Flower of South Indian mahua tree
  Flower of pointed leaved ape-flower tree
  Kōttam (saussurea costus)
  Cumin seeds
  Pitchipū (a kind of jasmine flower)
  Sadāmānjil (nardostachya jatamangi)
  Senbagappū (Champak-Indian magnolia)
  Garlic

Mathuram (glycyrrhiza glabra)
Sanni nāyaham-seed (seeds of aloe litoralis)

Take 5.2 gm (one *kazhanju*) in each; add 2 measures of water, boil and filter. Add small quantities, of long pepper powder, rock salt and bilestone of ox taken in equal quantities, and consume it. Fever, cachexia, accumulated sputum, fatigue, dyspnoea and *kaba pittha* fever will be cured.

Fever with shivering

- *Karippālai thandu* (stem of vomiting swallow wort)
  Kuthiraivāli (*Avvaiyār kūnthal*) (cuscuta reflexa)
  Kumizh (gruelina asiatica)
  Dried ginger
  Athividaiyam (aconituns heterophyllum)
  Siruthēkku (clerodendrum serratum)
  Kōttam (saussurea costus)
  Bowstring hemp
  Nila vēmbu (andrographis paniculata)
  Kīzhānelli (phyllanthus amarus)
  Vishnu granthi (evolvulus alsinoides)
  Coriander
  Emblic myrobalan
  Liquorice
  Maramanjal (berberis aristata)

Take 5.2 gm (one *kazhanju*) in each, add one measure of water, boil and distil them to 1/8 of their quantity. Add honey, rock salt and long pepper in small quantities, and consume it in the morning and the evening in divided doses. Fever with shivering will be cured.

- The root of *atthi* (ficus racemosa) tree may be cut and a mud pot may be placed below the cut area. A liquid from the cut area will come out in drops. This is collected in the mud pot. Cane sugar and *pēyan* fruit (musa saplentum) may be mixed in this water and is kept for one day. After one day, this water is filtered and consumed. Fever with shivering will be cured.

- Wild snakegourd
  Pēy sinthil (coralla carpus epigaeus)
  Parpādagam (molluga cerviana)
  Nila vēmbu (andrographis paniculata)
  Nilāvārai (cassia obovata)
  Cuscus grass
  White cuscus grass (cymbopogon jwaramcūsa)
  Sandal

Take 35 gm (one *palam*) in each, add 2 measures of water, boil and make a thick decoction of them. Make 2 equal parts and consume it in the morning and the evening.

Periodic/intermittent fever

- Dried ginger
  Pērāmutti (pavonia odorata)

To the above two, add water suitably and prepare a decoction as per norms. Periodic fever will be cured by this.

- *Vetpālai arisi* (seeds of wrightia tinetoria)
  Gulancha stem (stem of thinospora cordifolia)
  Parpādagam (molluga cerviana)
  Kandankatthari (solanum surattense)
  Wild snakegourd
  Sirukānjori vēr (tragelia involucrate roots)
  Kōttam (saussurea costus)
  Kōrai tuber (cypress rotundus)
  Nila vēmbu (andrographis paniculata)

Take 5.2 gm (one *kazhanju*) in each, pound them; add 2 measures of water, boil and reduce it to 1/4 of the measure. Take it in the morning and the evening.

- *Peria āvārai vēr* (root of cassia occidestali)
  Punnai vēr (root of Alexandrian laurel)
  Perumkumizh (gruelina asiatica)
  Nerunjil (tribulus terresitris)
  Root of bael tree
  Pērāmalli (desmodium gangeticum)
  Chitrāmalli vēr (root of uraria picta)
  Kandamkatthari (solanum surattense)
  Pāthirippattai (bark of sterospermum chelonoides)
  Vazhuthalaivēr (root of solanum anguivi)
  Kōttam (saussurea costus)
  Pepper
  Onion
  Dry ginger
  Long pepper

Take the above things together in equal quantities; add water, boil and reduce it to 1/8 of its quantity. Make it cool and add honey and consume it. All disorders of heat will be removed and health will be restored.

Types of green herbal pastes

- Tender leaves of yercum plant
  Garlic
  Tender sweet-flag
  Pepper
  Dry ginger
  Greenish flower of drumstick tree

Take equal quantities in each, grind them and make them into a paste. It is consumed in quantities of Alexandria laurel fruit size with hot water.

Take *kuppaimēni* (17.5 gm), garlic (165 gm) and pepper (52.5gm), and make a nice paste of it and consume it in quantities of the size of laurel fruit in the morning and evening and drink hot water.

External paste for fever

Tender coconut water may be consumed in a full stomach and vomited out. Then a ground mixture of sandal powder and rose water may be applied externally on the whole body and covered. By this, burning sensation in the body, thirst, and hyper pyrexia will be cured. Delirium can be prevented by this type of treatment.

Medicines of comprehensive process

If the disease is not cured by the above-said decoctions, internal herbal paste and external paste, medicines like tablets or pills, calcined powders like *parpam, chendūram* and *chūranam* which involve a big process in their preparation may be given along with their adjuvants .

Purgatives

Any one of the following substances may be given for purgation based on deranged *uyir thāthu.* The decoction or medicine should be according to the strength of the patient and the intensity of the disease. It should be given with proper adjuvants :

Sanjīvi pills
Atta bairava tablets
Screwpine flower tablets
Kōdāsūri tablets
Ilavangāthi tablets
Agatthiyar kuzhampu

Internal medicines

For fever, internal medicines like tablets, calcined powders like *parpam, chendūram, chunnam* and *karuppu* may be given according to the condition of the disease and the patient's strength of the body. Anyone of the following medicines may be given with proper vehicles as recommended in Siddha literatures.

Vātha fever

Tablets or pills

- *Vasantha kusumākara* pills- one pill can be given with honey. Decoction of *nochi* (vitex negundo) can also be given for drinking.
- *Bramānantha bairavam,* - one pill can be given with ginger juice.
- *Vishnu chakkara* pills along with ginger juice and honey.
- *Vātharākkathan* tablets with honey
- *Emathanda* tablets with mother's milk may be given.

Along with the above, any one decoction as stated earlier may be given.

Parpam

- *Copper parpam* with the juice of aloes
- Butter *parpam* with tender coconut water
- Loadstone *parpam* with honey
- *Ilinga parpam* in juice of leaves of ficus bengalensis *(kallāl)*
- Sulpher *parpam* in pepper oil
- *Silver parpam* in long pepper juice
- Mica *parpam* in cow's ghee
- Oyster-shell *parpam* in cow's curd
- Conch *parpam* in cow's butter
- Coral *parpam* in cow's butter
- Gold *parpam* in palm jaggery
- *Thālaga parpam* in old rice water
- *Perunkōttān iragu parpam* in butter
- *Ālkātti kuruvi irahu parpam* in mother's milk

can be given.

Chendūram

- Sulphur *chendūram* in cold water
- *Thālaga chendūram* in pepper water
- Pearl *chendūram* in cow's butter
- Silver *chendūram* in cow's ghee
- *Palagarai chendūram* in white dead nettle juice
- White lead *chendūram* in sugar

can be given.

Pittha fever

Tablets

- *Vasantha kusumākaram* in honey
- *Sāntha chandrōdaya pills* in *parpādagam* juice

may be given.

Parpam

- Mica *parpam* in cow's curd
- Black lead *parpam* in honey
- Iron *parpam* in toddy
- Oyster-shell *parpam* in buffalo's curd
- Copper *parpam* in honey
- *Thālaga parpam* in hibiscus rosasiances juice
- Butter *parpam* in toddy
- Quail feather *parpam* in butter
- *Ilinga parpam* in ficus bengalensis *(kallāl ilai)* juice
- Gold *parpam* in sugar
- White lead *parpam* in honey
- Female spotted deer horn *parpam* in mother's milk
- Pearl *parpam* in butter
- Silver *parpam* in juice of long pepper

can be given.

Chendūram

- Magnet *chendūram* in toddy
- *Palakarai chendūram* in cow's milk
- Lead *chendūram* in honey
- Silver *chendūram* in ghee
- *Ilinga chendūram* with cardamom powder in mother's milk

can be given.

Kaba fever

Tablets

- *Emathanda kuligai* in the juice of *karpūra valli*
- *Vasantha kusumākara pills* in goat's milk
- *Bramānantha bairavam* pills in juice of euphorbia nivula *(ilaikkalli)*

Parpam

- Magnet *parpam* in garlic oil
- *Ilinga parpam* in cow's curd
- Oyster-shell *parpam* in goat's curd
- Conch *parpam* in juice of barringtonia racemosa *(kadambu)*
- Barn-owl feather *parpam* in honey
- Gold *parpam* in sugar
- *Thālaga parpam* in juice of ocinum basilicum (*thirunītru pachai* leaves)
- Copper *parpam* in sugar
- Coral *parpam* in cow's milk
- White lead *parpam* in juice of basil leaves
- Butter *parpam* in juice of tinospora cordifolium *(sīnthil) leaves*

When a lot of sputum accumulates in chest, *thālaga parpam* in the dose of 65 mgm (blackgram size in juice of *ilaikkalli* (euphorbia nivula) will give good results.

Chendūram

- Magnet *chendūram* in tinospora cordifolium (*sīnthil*) leaves, juice
- *Palagarai chendūram* in cow's buttermilk
- Lead *chendūram* in cane sugar
- Silver *chendūram* in sesame seed's quantity in mother's milk
- *Rasa chunnam* can be give in the juice of white dead nettle flower in doses of the weight of a rice.

Karuppu

- *Kasthūri karuppu* in the juice of white dead nettle
- *Kōrōsanai* (bilestone of ox) *karuppu* in the decoction of coriander may be given.

5

Disease of Tastelessness

Introduction

Disease of tastelessness is also called disease of spoilt taste (*suvaikkēdu*), disease of loss of taste (*rusiyinmai*) and *arōsakam.*

This disease occurs due to not only physical disorders, but also mental defects. Inability to find out the taste of substances, and no desire in eatable substances (anorexia) are the two main factors in this disease.

The disease of tastelessness in physical disorders occurs due to the defect in *vātha, pittha* and *kaba* life forces. The disease of tastelessness in mental disorders occurs due to mental conditions like depression, fear and excessive joyfulness.

Signs and symptoms

In this disease, symptoms like ptyalism, tasteless saliva and anorexia will be present.

Classification of the disease

This disease is classified into five varieties, four of which are based on deranged life forces and one is based on mental variation.

1. ***Vātha* tastelessness:** The disease of tastelessness due to *vātha* factor will have the following symptoms : Mouth will be of astringent taste for ever. Any substances which are consumed will also be in astringent taste. Retching and tingling of teeth will be present.

2. *Pittha* tastelessness: In this disease, bitter taste or sour taste will be present in mouth, and all eatable substances will also be of the same taste. Repeated nausea and waterbrash will be present.
3. *Kaba* tastelessness: In *kaba* tastelessness, the mouth of the diseased person will smell of animal protein (foul smelling) with increased sputum which creates a sense of aversion. The sputum and saliva will be sweet in taste. Retching will be present frequently.
4. Threefold *thāthu* tastelessness :The signs and symptoms of all the above three diseases will be present in this disease in which all the three life forces get affected. Excessive pyrosis or waterbrash will be present.
5. Psychological tastelessness: In the fifth, psychological tastelessness disease, because of mental depression, sadness, fearfulness and anger, variations of mood occur, and symptoms like ptyalism, anorexia and tastelessness in mouth are seen.

Treatment

The disease of tastelessness which occurs due to defective life forces can be treated with medicines. The disease of mental tastelessness can be cured on removal of mental variations.

Before treating the disease of tastelessness, the affected life forces should be found out and treated accordingly. In general, *pittha* or *azhal thāthu* and vital air of upward movement (*uthānan*) get affected. And so, ptyalism and waterbrash occur. Hence treatment should be given to normalize the affected *thāthu* (life forces) and vital air. In mental tastelessness, measures should be taken to relieve the patient of mental variations.

- To set right the deranged life forces, the following decoction may be prepared and given:

  Fever plant (mollugo cerviana)

  Gulancha (tinospora cordifolia)

Rose buds
Dry grapes with seeds
Tirunelveli senna (cassia senna)

Take the above ingredients in equal quantities and prepare a decoction as per procedure. On consuming this, diarrhoea may occur twice or three times. After this therapy, the deranged life forces will come to normal.

- After this, direct medicines for this disease like *māthulai manappāgu, navarasa thuvaiyal, bāvana kadukkāy, pirandai chūranam* or *thālisāthi vatakam* can be given. (Any one of the above in proper dosage should be given).
- The following substances may also be given.
  Powdered cumin seeds
  A semi-liquid preparation of dried ginger
  Kēsari electuary
- When all three life forces get affected, heavy medicines like *bairava* tablets and solidified tablets (*kattu māthirai*) can be given to normalize them. In addition, direct medicines as stated above may also be given.
- In mental tastelessness, the cause of mental dysfunction should be found out and the corrective measures adopted.

Finding out the symptoms of death

In Siddha pathology, some important facts about knowing the symptoms of death by the feeling of taste have been dealt with. When a patient is suffering from a disease in its severe condition, if the taste in his tongue marks variations, they indicate the death symptoms.

They are as follows:

- If the bitter substances are not felt to be bitter and other substances are felt to be bitter, the patient would die within a week.
- If the sweet substances are not felt to be sweet, and the other substances are felt to be sweet, the patient would die within a month.

- If the sour substances are not felt to be sour and the other substances are felt to be sour, the patient would die within 15 days.
- If the pungent substances are not felt to be pungent, and the other substances are felt to be pungent, the patient would die within half a day.
- If the saltish substances are not felt to be saltish and the other substances are felt to be saltish , the patient would die within a day.
- If the astringent substances are not felt to be astringent, and other substances are felt to be astringent, the patient would die within 20 minutes (1 *nāzhigai*)

The above facts have been explained in *Thēraiyar Yamaka Venpā*.

Diagnosis of disease by tastelessness

By the condition of saliva, many diseases can be diagnosed in terms of Siddha pathology. It is explained in Table I.

Thēraiyar Yamaka Venpā explains the properties, positive and negative, of the saliva. It is given in Table II.

Table I

S.No	Conditions of saliva	disease
1.	Resembling toddy	*vātha* fever
2.	Resembling ghee	*pittha* fever
3.	Resembling oil	*kaba* fever
4.	Saliva with different taste	Epilepsy
5.	Resembling of water	*vātha* delirium (*janni*)
6.	Saliva in thick consistency	*azhal* delirium
7.	Saliva like wax	*kaba* delirium
8.	When spitting out, saliva being like the dribbling saliva of a goat	*vātha* delirium
9.	When spitting out, saliva going out like a deer's jump	*azhal* deadly delirium

10.	When spitting out, saliva becoming like porcupine	*kaba* delirious syncope
11.	If saliva is the colour of peacock feathers	*vātha* piles
12.	If the saliva is the colour of parrot feathers	*azhal* piles
13.	If the saliva is white colour	*kaba* piles
14.	On spitting out if saliva falls crosswise	tuberculosis
15.	If it falls straight	anorexia (*arōchagam*)
16.	If it falls in a round shape	heart disease

Table II

S.No.	Conditions of saliva	disease
1.	Like that of tender coconut water	quite good
2.	Like that of milk with a fairly thick consistency	fairly good
3.	Like that of butter	good at medium range
4.	Like that of curd being a little watery	intermediate at a medium range
5.	Like that of dribbling frothy saliva of a horse	rather bad
6.	Like that of hard paste	bad at a medium range
7.	Hard like that of supernatant layer (*adai*) in mud vessel	worse
8.	Dry like that powder	worst

6

Diseases of the Mouth

Introduction

The Siddha philosophy of medicine speaks of 11 types of diseases of the mouth and 7 types of diseases of the tongue. Apart from these, 7 types of paediatric stomatitus (*akkaram*) and thorn tongue (*nā mul*) and odour of the tongue (*nā nātram*) have also been explained.

Diseases of lips

Lip diseases are a sub-classification of the mouth diseases. They are *vātham, pittham, kabam,* threefold *thāthu,* muscularity, wateriness, being shiny, bloodiness, affected skin, fissure and contusion.

Īrulli oil (onion essence) is used as a medicine for lip diseases. Preparation of this oil is as follows:

Take

Juice of onion
Juice of chaste tree (vitex negundo)
Karpūra valli juice (plectranthus ambonicus), and
Gingelly oil

Grind neem bark, cumin seeds, black cumin seeds, shorea robusta (*kukkil*), and phyllanthus amarus (*kīzhānelli*) into a paste and mix it with the above juice and oil and prepare an oil of it. This oil is used for muscular lip disease and watery lip disease.

For ulcer lip

Thuttham (copper sulphate) 2 parts
Neem gum 1 part

Both can be ground with lime juice and mixed in castor oil. This oil can be applied on lips for ulcer lip.

For burning sensation in lips, butter, or *kukkil vennei* (butter of shorea robusta) can be applied.

Grind purslane (*pasalai kīrai*) with butter and apply it on lips. Burning sensation in lips will be cured.

Coes vettiveroides (*iruvēli*), anethumsour (dill), and saussurea costus (*kōttam*) may be added to gall- nut sauce and applied on the lips. Skin- affected lip disease will be cured.

Diseases of tongue

Rough tongue, tongue cancer, tongue carbuncle, chronic tongue ulcer, tongue ulcer, tongue vesicle and uvulitis are the diseases of the tongue. If the disease occurs on the right side of the tongue for males and left side for females, cure is difficult.

In tongue cancer, tongue carbuncle and rough tongue, there will be small whitish eruptions under the tongue, causing throbbing pain in the ear and headache. Excessive secretion of saliva and dribbling would occur. Nausea will be seen. Numbness will be felt on the back of the head. Perspiration in the body would manifest. Among the three life forces, if *kaba* is not increased and there would be no nausea and perspiration, healing will be quicker. If the *kaba* symptoms are increased, the disease cannot be easily cured. It will take a long duration to cure the illness. One side of the tongue is thickened and ulcerated as if burnt by calcium (lime). Afterwards, the ulcer will take a round form like a *kumizh* fruit (gruelina asiatica). Numbness in the tongue will be present. Blood vessels will become stretched. Pharynx will be dry. Speaking will be difficult because of diseased tongue.

For rough tongue, cancer, carbuncle and chronic and acute ulcer in the tongue, the process of scalding (*chuttikai*) is explained. Circle-like scalding equipment made of gold is used for scalding the tongue disease.

Vatthirānjana smoke and *atta sūtha* calcined powder are also used for these diseases.

Stomatitis (*akkaram*)

The stomatitis or ulcer of mouth in children is formed by the heat of the waves rising from *mūlāthāram*. It reaches the tongue and produces heat in the tongue. This causes fur (whitish coat) on the tongue and many other difficulties to it. It makes the child hate even milk. The treatise *Bala vākadam* explains the nature of this disease.

Signs and symptoms

The general signs and symptoms are headache, throbbing pulse, burning sensation in intestines, inflammation in tongue, chill feeling in the body, dribbling of saliva from the mouth, whitish tongue, saliva thickening like sauce, burning in throat and the inability to bear even the pungent taste of pepper.

Classification of stomatitis

In each type of stomatitis, specific signs and symptoms are explained. Hence correct differential study is essential.

1. Painful stomatitis (*sūli akkaram*)

In this disease, tongue is inflamed and so whitish thick coatings (fur) form on the tongue. As the name *sūli* indicates, there will be severe pain like the one caused by the piercing of trident. White silky fluid secretes in the tongue. There will arise from the tongue a smell like that of fuller's earth (*uvarman*) when the washing is fulled. Vomiting, nausea with eructation of white fluid, thirst, blackish discolouration of both extremities and body, headache, severe fever and blackish colour formation on hip are present.

2. Justifiable stomatitis (*nīthi akkaram*)

In this disease, there is medium level of inflammation in the tongue as the name indicates. The fur is found to coat on the inner side of the tongue

over the inflamed portion. The coating in the tongue too would go because of dryness. Dryness of mouth, bitterness in mouth, burning sensation in chest, chillness, headache and high hectic temperature are the other signs and symptoms.

3. Scorching stomatitis (*sōthi akkaram*)

In this disease, the tongue feels burning, and in continuation, the colour of the tongue would turn to that of reddish stain in tooth. There will be fibrillation in *vātha, pittha, kaba* pulse. Headache will be felt like that of thunderstroke. Ankle and other joints of legs will have boring pain. There will be rise of temperature, diarrhoea, vomiting and burning sensation in stomach.

4. *Vīmi* stomatitis (*vīmi akkaram*)

In this disease, the tongue will be thickened and reddish. The red colour will be like that of the masticated bud of fragrant screwpine. The tongue will be inflamed. The body will become black in colour. Excessive thirst, heart block, cirrhotic and painful liver, excess chill and severe headache are the other symptoms.

5. Buttocks stomatitis (*kundi akkaram*)

Cirrhosis of liver is present. Because of this, the tongue will be more reddish in colour. Intolerance in mouth, cough, diarrhoea, body pain, nausea with heartburn, pain in one side of chest, and thirst are the other symptoms. In this disease, in some cases there will be fever above the hip; the body will become white like that of fish. Urine will be yellow in colour. There will be pricking pain in the anus. The body becomes emaciated. There will be pain in the body. The voice of the child will be harsh and not childlike.

6. *Kabāli* stomatitis (*kabāli akkaram*)

In this disease, the intestine and liver will be inflamed, ulcerated and painful. In throat also the tissues are inflamed. The tongue is dangerously burnt. On the fifth day there will be fissures in the burnt tongue. Blood will ooze out from the fissures. Headache, body pain, feeling of heaviness of the

body, continous fever, chest pain and diarrhoea with pain in the abdomen are the other symptoms.

7. Feminine stomatitis (*kumari akkaram*)

In this disease, whatever kind the food is, there will be difficulty while eating with the tongue feeling an unpleasant tingling. Thickened or swollen tongue will be seen. There will be muscular pain in the body causing increased suffering. Pain is felt in both the eyes. Fever, bitter feeling in mouth, frequent and sudden vomiting, growth of uvula, yellowish discolouration of teeth, and bleeding from the nose coming from the head for 3 days are the other signs and symptoms.

8. Internal stomatitis (*ul akkaram*)

In this disease, the inner side of abdominal organs will be inflamed and ulcerated. Because of this, the waves of heat go up, dash against the head and turn watery. This water drips down from the nose. It may accumulate in the sinus of face and other upper organs and spoil the blood in those organs. Because of this, face becomes pale removing the red colour. The tongue will become white. White coating (fur) forms on the tongue. Sleep, fever, and sudden thirst are the other symptoms.

Thorn tongue (*Nā mul*)

Thorn tongue occurs in children as a congenital disease. It may also occur due to starvation of mother. This disease is very acute and difficult in nature. Cough, dyspnoea, lacrimation in eyes, headache and fever are important symptoms. The baby will be drowsy with distorted functioning of sense organs and hence breastfeeding will not be proper. Convulsion or fits may occur in the sides of the chest. In the inner areas of mouth, tongue and throat thorns will occur. They will be rough and painful. Tremors of the head, inability to talk, accumulation of sputum in the throat and ever opening of eyes (infrequent blinking of eyes) are other important symptoms. The disease, considered incurable, should be approached carefully with intelligence and patience

considering it as a tough disease. Diarrhoea in the colour of neem flower and weakness in both upper and lower extremities are also seen in this disease.

Odorous tongue (*Nā nātram*)

In this disease, dysphagia, non-consuming of milk, ulcerated tongue with bad odour, fever, hot sputum and hardened blackish faecal matter are the important signs and symptoms.

Treatment

A common remedy for all types of stomatitis is as follows:
Black cumin seeds
Kadugurōkani (picrorhiza kurroa)
Gallnut skin (epicarp of terminalia chebula)
Root of wild jasmine

Take 4.16 gm (1 *varākan*) in each.

Īyakkozhunthu (mimosa panniculata) one handful
White onion 2 *palam* (70 gm)
Castor oil 1/8 of a measure (20 ml)
Mother's milk or cow's milk 1/16 of a measure (10 ml)

The first-said four raw substances should be pounded; mimosa panniculata is to be rubbed. White onion should be cut into small pieces. All should be mixed in castor oil and milk should be added to it. Heat the above with small fire and take it in proper form; add 2 *varākan* (8.32 gm) of bezoar powder.

Dosage: 16 ml (*uchi karandi*), morning alone
Duration: 5 to 7 days.
Inflammation of stomach and tongue, and fever will be cured.

For buttocks stomatitis (*kundi akkaram*)

Take *sundai* root (solanum torvum) skin and grind it in a stone mortar and make it to the size of a lime. Add cow's butter of the same quantity and consume it for 3 to 4 days in the morning and evening.

Take leaves of eclipta alba and grind them in a stone mortar and prepare a paste of the size of half an areca nut. 1/16 of a measure (10 ml) of cow's milk is to be added to it while consuming. This may be taken in the morning and evening for 3 to 5 days. Diet restriction is essential for this. Raw rice meal along with cow's milk alone should be taken for food.

Medicine for internal stomatitis (*ul akkaram*)

Liquorice oil is given for this, the preparation of which is as follows:

Liquorice

Mani pungan fruit (sapindus trifoliatus)

Cow's milk

Cow's ghee

are the ingredients. They should be boiled to the consistency of wax and taken in the morning and evening in a dosage of one *varākam* (4.16 gm) for five days.

Medical treatises prescribe *kaushikar kuzhambu* also for this disease.

Medicine for atchara mãntham fever (fever due to stomatitis and indigestion)

Portia (thespesia populnea) oil is used for this.

Method of preparation

Leaves of portia tree (thespesia populnea)

Flower of portia

Fruit of portia

Grind each of the above in a stone mortar separately. Take one *palam* (35 gm) in each and make a cake of it. Take castor oil of the quantity of one *sēr* (280 gm) in a vessel and heat it. While heating, put the cake in the oil and heat it up until the cake becomes red and comes floating. Take the cake out, add powders of cardamom, nutmeg and mace each ½ *varākan* (2.7 gm), mix them and consume it in the morning and evening in a dosage of a *kāsu* weight (500 mgm). The disease will be cured.

Medicine for thorn tongue (*nā mul*)

Juice of aloes is used as a medicine for thorn tongue.

Take the epicarp in one gall-nut (terminalia chebula), add one *varākan* cumin seed powder and mix them in 15ml of aloe's juice. Consume this for 3 days, morning and evening. Tongue thorn will get cured.

Medicine for odour in the tongue

Pazham pāsi (old algae)

Leaves of Indian pennywort (centella asiatica)

Onion

Take equal quantities of the above and make a juice of them. Take one *uchi karandi* (16 ml) quantity of this juice, mix it with an equal quantity of goat's milk and ¼ *varākan* (2 gm) of cumin seed. Consume this in the morning and evening for 3 days.

For stomatitis, prepared medicines like *kukkil parpam*, *silājatthu parpam*, *māsikkāy chūranam*, *kukkil vennei* and *thiripalā chūranam* are used.

Vengāra mathu is a liquid which can be applied externally for stomatitis. For enlargement of uvula and tonsillitis, garlic oil (*pūndu thēn*) can be used. If there is fever, *vasantha kusumakara* tablets or bezoar tablets can be taken with honey.

7

Disease of Thirst

Introduction

This disease is also called disease of dryness of tongue and thirst disease (*dhāka nōy*).

In this disease, there is a tendency to drink water frequently. Thanks to variations in dietetic factors, *azhal* or *pittha* thirst disease occurs as an independent disease. This disease comes under *thāga pittham,* a classification in *pittha* disease. Apart from this, the disease of thirst comes as an associated disease with some other diseases.

That is, the disease of thirst occurs while eating heavy indigestible foods. Thirst will keep occurring until the food gets digested within the stomach.

Thirst occurs in diseases of *pittha* where fluid content in the body is reduced by dryness or by more excretion.

In diarrhoea, vomiting, and diabetes, thirst will occur.

In the disease of threefold *thāthu* or delirium, symptoms like dancing, singing, and running will occur. In this disease also thirst occurs.

Signs and symptoms

In this disease, dryness of tongue, and tendency or willingness to drink more water is present. Even after drinking water, thirst will keep unabated. Emaciation and syncope will also be seen. Body will have a feeling of shivering. Burning sensation in the body, tendency to moisture the lips with the help of tongue, and sore throat are other symptoms.

Classification of the disease

There are six types in the diseases of thirst. They are *vātha* disease of thirst, *pittha* disease of thirst, *kaba* disease of thirst, *mukkutra* disease of thirst, *rasa kutra* disease of thirst and disease of thirst due to indigestion.

1. *Vātha* disease of thirst

In this disease, blackish discolouration of body, giddiness, depression of mind, tastelessness, deafness, excess sleep, and decrease of strength of body occur. Thirst will not get quenched even after drinking more quantity of cold water.

2. *Pittha* disease of thirst

In this disease, the body will remain hot for ever. Dryness will be seen in tongue, lips, and palate. Throat and tongue will be reddish and thornlike. Burning sensation in tongue and throat will be felt.

3. *Kaba* disease of thirst

In this disease, there will be a sensation of chocking in throat. Sweet sensation in mouth, flatulence of abdomen, loss of appetite, headache, chillness in the body, tastelessness in the mouth, and indigestion are the other signs and symptoms of this disease.

4. Threefold *thāthu* disease of thirst

This disease occurs when fever, delirium, diabetes, tuberculosis, etc., reach an advanced stage where all the three *thāthus* get affected. It is not easily curable even by medication.

5. Disease of thirst by *rasa* variation

Rasa is one of the seven body tissues. In anabolic process, *rasa* is converted into blood. In this stage, this disease will occur. Apart from this, if excess blood gets out from the body, excess thirst, dryness of tongue, confused mental condition and dyspnoea will occur; sometimes leading to death also.

6. Disease of thirst due to indigestion

This disease occurs while more sweet and saltish substances and indigestible foods are consumed. It also occurs when excessive food is taken while suffering from a disease or when one is exhausted after a long walk.

Among the above-said diseases, *vātha* disease of thirst, *pittha* disease of thirst and disease of thirst due to indigestion can be cured easily. The threefold *thāthu* disease of thirst and the disease of thirst due to *rasa* variation cannot be cured easily.

Variation of *uyir thāthu* or life forces in the disease of thirst

The food substances which give dryness to the body increase the *pittha thāthu* and stimulate the *uthānan* or upward force and cause this disease. If the increased *pittha thāthu* joins any other life force in this disease, the disease will be called after the life force which joins the *pittha thāthu*. In this disease, *rasa* and blood get affected. *Pittha nādi* will be seen having an upper hand in this disease.

Treatment

The treatment should be based on the cause of the disease. If the disease occurs due to cholera, diabetes and heavy bleeding, treatment should be done for these primary diseases also.

- For the disease of thirst caused by the dysfunction of *pittha thāthu*, cold water should be given, along with decoctions of fever plant (mollugo cerviana) and gulancha (tinospora cordifolia) that would offset the altered *pittha thāthu.*
- River sand 1 handful and 2 nos of cardamom should be fried well in a vessel. Remove the sand from the vessel, take water, boil, and filter. This water after cooling can be given for this disease.
- Decoction made from coriander seeds can be given.

- Fried paddy (*nelpori*) with water may be boiled and its clear supernatant fluid can be given.
- Decoction of liquorice of the quantity of 30 ml may be given once in 3 hours.
- Decoction of earthworm can be given in 30 ml dose.
- Water obtained from crab hole can be given.
- Juice of field crab in the dosage of one teaspoon can be given.
- For the disease of thirst with hiccough, the powder made from peacock feathers can be given along with honey.
- For the disease of thirst with nausea, *jāthi jambīra kuzhambu* can be applied on the tongue.
- For incurable disease of thirst, the medicine named *kandāvizhtham* may be prepared and given.
- *Akkarakāram* (anacyclus pyrethrum)

  Long pepper (piper longum)

  Kōshtam (saussurea costus)

  Cumin seeds

Take 10 gm in each, prepare a decoction of them and give it to the patient.

- Sarsaparilla (hemidesmus indicus) *manappāku* one teaspoon can be given for this disease of thirst.
- The ninefold *rasa* relish, *bāvana* gall-nut, etc., may also be given for this disease.
- *Kasthūri karuppu* 60 mg to 120 mg along with a medicinal powder where cardamom is the base (*ēlathy chūranam*) may be given in honey.
- Easily digestible foods should be given for this disease. Excessive pungent or sour taste should be avoided.

8

Anaemia

Introduction

White colour disease (*venmai nōy*) and *pāndu* are the other names of this disease. As the red blood corpuscles are reduced in blood, the natural colour of body changes and becomes pale. The eyes, nailbeds and tongue also become pallid.

The causes of anaemia (aetiology)

Consuming more food substances having sour and saltish taste which have the tendency to reduce the blood strength of the body, chewing more *thāmbūlam* (betel leaves, areca nut, and tobacco), and consuming more alcohol and toddy will cause this disease. Those who are afflicted by diarrhoea, those who are working near fire, and those who have the habit of daytime sleep will also get this disease.

Apart from this, the following psychological factors will also cause this disease. This disease will occur in those who steal cotton, who eat from temple property who put the cows in starvation and give harm to them, who do not lead their lives as per vedas, who do highway robberies and those who spoil the livelihood of others by tendering false witness. These are the causes mentioned by Yūgi.

The disease will also occur in those who consume medicines excessively which are not prepared properly, and in those who consume such medicines beyond the prescribed number of days.

This disease also occurs when bleeding occurs in the body either in small quantities or in large quantities. Blood loss may occur on account of stabbing or trauma. Haemetemesis, melaema, bacillary dysentery, peptic ulcer, bleeding piles, and other types of piles like anus *siru mūlam*, *chendu mūlam*, *peru mūlam*, *thamaraka mūlam*, *chittha mūlam*, *mukkutra mūlam* and *churukku mūlam*, besides cancer occurring in food passage, stomach and intestine, will cause this disease.

In the disease called *azhal nīr churukku*, blood comes out in urine frequently. This haematuria causes this disease.

In diseases of *kuruthi azhal nōy*, viz., *mēlnōkku*, *kīzh nōkku*, *iru nōkku*, and *alavilā nōkku*, blood loss occurs resulting in white colour disease. In chronic conditions of bleeding sinusitis and tuberculosis, this anaemia will occur. Blood in leucorrhoea and bleeding from uterus (menorrhagia, metrrahagia) will also cause anaemia.

Anaemia will also occur while not consuming nutritious food substances and iron substances in required quantities.

When consuming lead-like medicines not prepared in proper ways or while consuming them for longer durations than the prescribed number of days, this disease occurs.

Classification of anaemia

Anaemia is classified into 5 varieties. Four varieties are based on life forces and one is induced by toxic substances. They are as follows:

1. Anaemia due to *vātha* factor
2. Anaemia due to *pittha* factor
3. Anaemia due to *kaba* factor
4. Anaemia due to threefold factor
5. Anaemia due to toxic substances

Certain treatises also refer to another type of anaemia called anaemia due to the eating of mud.

There are three other types of anaemia, viz. :

1. *Nīla pāndu* (bluish anaemia)
2. *Alasa pāndu*
3. *Alimuga pāndu.*

In the above-said three diseases, the body tissues get emaciated due to blood loss; body will be swollen; colour of the body gets changed to yellow or blue. Excess thirst, frequent giddiness and syncope, mental depression, altered consciousness, and impotency are the other symptoms of this disease. As these symptoms are similar to that of anaemia, they are not dealt with separately.

1. Anaemia due to *vātha*

In anaemia due to *vātha*, the intestines get distorted and painful. There will be no thirst and appetite. Blood vessels will be seen in blackish colour. Body will be shivering. Eyes will be reddish. Body will become pale and swollen. Pain will be present in the area of swelling. The faeces will be hard and constipated. Headache will also be present.

2. Anaemia due to *pittha* factor

In this disease, body will be yellowish in colour. The tongue and the limbs will be pallid. The vision will be diminished. There will be excessive thirst, dizziness and syncope. The mouth will be in pungent taste. Sometimes it will be in bitter taste. There will be a feeling of constriction in chest, dyspnoea and giddiness.

There will be desire for cold substances, eructation, halistosis, whitish and yellow discolouration of body, stomatitis and diarrhoea with yellowish faecal matter as the symptoms of this disease.

3. Anaemia due to *kaba* factor

In the disease, the skin of the body will be more pale. The blood vessels will be engorged. The tongue will be in saltish taste. Horripilation, vomiting,

sore throat, frequent sneezing, cough with expectoration, syncope, pain in hip, impotency, frequent anger, fatigue, and weakness are the other symptoms of this disease.

4. Anaemia due to threefold *thāthu*

In this disease, there will be tastelessness, wheezing, dyspnoea, body getting emaciated, loss of strength, tachycardia, frequent micturition with increased *pittha* in the body, heat and vacillation, sneezing and anasarca.

5. Anaemia due to toxic substances

In proportion to the extent of allergen in the toxic substances consumed, the body will get paleness. In this disease, excess thirst, tastelessness, vomiting, hiccup, cough, heavy breathing, anasarca and engorgement of veins will be present. The body is hot.

6. Anaemia due to eating mud

This disease appears in infants, children and in pregnant women who eat mud, ashes, brick powder, sacred ash and camphor in large quantities with a special taste for them. In proportion to the substances consumed, there will be flatulence of abdomen, indigestion, vomiting, diarrhoea, fever and worm infestation. The body will become lean. The volume of blood will be reduced. The body will be pale and swollen. Tachycardia will be present.

Incurable condition

The anaemia due to toxic substances is not easily curable. It is also not easily curable where the symptoms like continuous or uninterrupted vomiting and diarrhoea, excess swelling of the body, thirst, hiccup, and cough are present.

Signs and symptoms

Fatigue, loss of weight day by day, palpitation of heart, dyspnoea on exertion, headache, syncope, dimness of vision, loss of sleep, parasthesia or numbness in fingers and toes, chest pain, pallor in skin, hands, conjunctiva

and tongue, fissured ulcers in tongue, reddish tongue, glossitis in tongue, difficulty in swallowing food, spoiled appetite, altered cardiac sound (haemic murmur in heart) and general anasarca of body are the important signs and symptoms of this disease.

There will be much desire for eating mud, ash and charcoal in some cases. If the disease occurs in women, the blood in menstruation will be of reduced colour, weight, quantity and duration. Sometimes there will be no menses (amenorrhoea).

If this disease occurs in people with *pittha* body, the appetite will get spoiled at first. Indigestion will occur. Burning sensation of body and fever will be present. The tongue will be pale and reddish or glassy. Food cannot be masticated and swallowed. There will be vomiting of bile. Bitterness in mouth, stomach pain, and frothy diarrhoea with pain in abdomen are also present. When the disease persists for long, there will be reduction in the colour, weight and quantity of the blood in the body. The body will be in yellowish discolouration and the person will look like a jaundice patient.

When the disease gets worsened, symptoms like increased fatigue, emaciation, heavy breathing, diarrhoea, anorexia, loss of strength and anasarca will occur.

Treatment

In this disease, the body strength is very much reduced; loss of appetite will be present. The consumed food is not properly digested. Hence the rasa and *rattha* (blood) tissues are not nourished properly. With this the life force *pittha* is also affected.

The *ranchaga pittham* also gets reduced and so the colour of the skin becomes white and pale. As *pittha* gets increased in this disease, the other two life forces also get increased above normal and so the strength of *paravukāl* (*viyānan*) gets spoiled producing anaemia.

Hence in this disease, to correct the affected life forces, purgative medicines should be given. Then medicines for stimulating the appetite, for improving the digestion and for increasing the strength of the blood should be given. Now we shall see the details of purgative medicines as mentioned in Siddha literatures.

Decoction

Angūr tratchai (dry grapes)
Pērīnthu (dates)
Pannīr pū (rose petals)
Sivathai vēr (root of operculina turpethum)

The above ingredients should be taken in equal quantities and a decoction is to be made of them as per procedure. It can be taken in the morning alone or in the morning and evening. Motion will be passed regularly.

- *Agatthi* leaves should be boiled in water. This water is to be filtered then and a small quantity of palm jaggery is to be added to it. This can be taken in the morning alone in doses of 15 to 30 ml. The faeces along with worms come out easily.
- To remove the worms of the intestine, 2 *murukkan* (horse-radish) seed pills can be given in the morning alone.
- *Nākku pūchi* decoction in doses of 100 ml can be given in the morning.
- *Nila vilā* (feronia limonia)

  Parpādagam (fever plant-mollugo cerviana)

  Sīnthil climber (gulancha-tinospora cordifolia)

  Nilāvārai (cassia abovata)

  Sivathai root (root of operculina turpethum)

These five ingredients should be taken in equal quantities and a decoction of them is to be prepared. To this, epsum salt (*bēthi uppu*) in a required quantity is to be added. This is to be given in the morning alone. Diarrhoea occurs by this process and excess bile (*pittha nīr*) is also removed.

- Medicines called *azharchi* oil, *mūla kudāra mezhugu,* sweet diarrhoea electuary, *mūla kudāra nei* and *atthi* fruit *manappāgu* can also be used for easy passing of motion. By these medicines, appetite will also be increased.

Azharchi oil – preparation

mullangi (radish) juice
manatthakkāli (black nightshade) juice
sōtru katrāzhai (aloes) juice
vellarugu juice (enicostemma axillare)
siru kīrai juice (amaranthus tricolor)
castor oil

Take one measure (1.34 litre) in each of the above and pour them into a pot meant for oil preparation. Boil the above properly till they attain the consistency of mustard. Take 1 to 2 teaspoons in the morning alone. Faeces will be loose. Urine will be passed well. Burning sensation of the body is reduced. The *pittha* life force gets normal. This medicine can be given as a mild purgative for oedema (*sōpai*), jaundice (*kāmālai*) and ascitis (*peruvayaru*). For stomatitis, peptic ulcer, intestinal colitis, and piles, this oil in a correct dose can be given in the morning alone or at bedtime for ease of motion. This oil can be given along with milk or orange juice in the morning or at bedtime.

To increase the appetite and to improve the digestion, the following powders and electuaries can be given:

thirikadugu chūranam (powder) or *lēghiyam* (semi-liquid preparation)
pancha dīpākkini chūranam or lēghiyam
atta dīpākkini chūranam
thālisāthi chūranam
ēlāthi chūranam
sowbākya chundi
sundai vatral chūranam
thālisāthy vatakam
inji rasāyanam or lēghiyam
sīrakāthy chūranam or lēghiyam
manthavāyu chūranam
kandāthiri lēghiyam

pittha vāyu lēghiyam
vilvāthy lēghiyam
karivēppilai chūranam

Any one of the above can be given in the morning and evening separately or as an adjuvant to calcined powders like *parpam* and *chendūram*. These medicines will help to increase appetite and to improve digestion.

After this, to improve the strength of the blood, calcined powders (*parpam* and *chendūram*) made from iron, magnet, gold, silver, pearls, and corals can be given.

Karisālai (eclipta alba) *lēghiyam*

For *pittha* type of anaemia, this medicine can be given in mastwood fruit-sized doses in the morning and evening for a period of one *mandalam* (40 days). By this medicine, venereal diseases, weakness in limbs, burning sensation, syncope, vomiting, anorexia, chronic diarrhoea (diarrhoea due to indigestion) and fluid swelling can also be cured. Those who consume this medicine should take oilbath by using *aswaganthi thylam* (oil of withania somnifera).

The decoction made from *potralai kaiyān* (eclipta alba), *kadukkāy* (gall-nut–terminalia chebula) and *lōga mandūram* can be used in doses of 60 to 90 ml in the morning and evening to increase the strength of the blood.

Aya jambīra karpam

According to some treatises, to this medicine, purified iron powder has to be added in a quantity of 150 gm. It can be done according to procedure. But to get effective medicine, well prepared *aya chendūram* (*chendūram* in the colour of pomegranate) in a quantity of 175 gm is to be added instead of iron powder. Then we have to take 350 gm of pepper and 500 gm of garlic pieces. All the above three should be pounded well as per procedure.

40 lime fruits may be taken and each has to be cut into 4 pieces. Put the above pounded substances in each lime fruit in the middle and close it. Put all the 40 lime fruits in a mud pot, and into it pour 25 *palam* (875 gm) of gingelly oil to make sure that all the fruits are immersed in the oil. Cover the mud pot with proper lid and seal the joint with mud-applied cloth pieces. Put the pot under the earth for 40 days. After 40 days, the pot may be opened and one piece of the lime fruit can be consumed each day morning and evening. By this medicine, anaemia, oedema, and jaundice will be cured.

Aya bringaraja karpam

Here also well prepared *aya chendūram* of a quantity of 150 gm can be taken instead of iron powder. Well prepared *mandūra chendūram* in a quantity of 200 gm may also be taken.

Eclipta alba (*potralai kaiyān*) has to be ground in a stone mortar sprinkling some amount of juice of the same in order to get a juice-like consistency. This paste is to be made into small cakes and the cakes are to be dried in sun. After they get dried well in the sun, again they have to be put into the stone mortar and ground with the same juice as above. Now make cakes and dry them in sun. The same procedure is to be repeated 5 times. After the fifth time, the dried cakes should be powdered well. This *chūranam* or powder is to be taken in a quantity of 400 gm.

Then this *chūranam* along with the above 2 *chendūram* should be ground in the stone mortar sprinkling necessary quantity of eclipta juice for one whole day. The next day it is to be dried keeping the mortar in the sun. After it is well dried, repeat the same process again and again for 3 to 5 days.

After this, the same process is repeated and here lime juice is used. Here also the process is to be done for 3 to 5 times. After the fifth time, the powder is to be well dried and stored in a bottle. This is a good process. It will be an excellent medicine with a fine efficacy.

The dose is 1 to 3 pinches to be consumed in morning and evening. The adjuvant may be one of the following: honey, ghee, butter, cheese, fruit juice, and curd. The following diseases can be cured by this medicine: anaemia, oedema, jaundice, liver and spleen enlargements.

Note: This powder can be made into tablets also. One tablet morning and evening is the dosage. Before the paste in the stone mortar is dried at the final stage, tablets in the size of jujube seed (seed of ziziphus mauritiania) can be made from the paste and dried in the sun.

Aya parpam, chendūram

Aya parpam can be given in a dosage of 1 to 2 grains morning and evening in honey or sugar or long pepper or pepper or in some other vehicles for anaemia, oedema, jaundice, ascitis, gonorrhoeal diseases, gas problems, old fevers and for ulcers due to venereal diseases. In general, *aya parpam* and *chendūram* will be effective for diseases which produce weakness in the body.

For the above-said diseases, *aya chendūram* can be given in doses of 1 *kundri* (130 mgm) in morning and evening with honey or ghee or palm jaggery. By this medicine, not only are the above-said diseases cured but also the body acquires strength. *Vilvāthy lēghiyam* and *mahā vilvāthy lēghiyam* can be given as a vehicle for this medicine.

Restrictions (*patthiyam*)

When iron and magnet *parpam* and *chendūram* are consumed, mustard (*kadugu*), horsegram (*kollu*), ash gourd (*pūsani*) and rice vinegar (*arisi kādi*) should not be used. Ghee, sugar, milk and wheat are good. Sex will spoil the drug consumed.

Chendūram, parpam, lēghiyam, chūranam forms of medicines

Ārumuga chendūram, annabēdhi chendūram, vedi annabēdhi chendūram, annapavala chendūram, ponnimilai chendūram, mandūra chendūram, lōga mandūra chendūam, chittha chendūram, ekku chendūram, thanga chendūram, aya bhūnāga chendūram, aya thanga chendūram, velli parpam, mutthu parpam, pavala parpam, thanga parpam, mān kombu parpam, kāntha aya chendūram, kāntha aya rasa chendūram, suyamāgni chendūram— these medicines can be given separately or one or two medicines combined with ghee, honey or any other proper *chūranam* or *lēghiyam*. It can be given in the morning and evening in proper doses. By these, anaemia, jaundice and

oedema can be cured. These medicines will also give good strength and briskness to the body.

Apart from this, *ayakāntha chūranam, swarna pavala parpam, swarna pavala muthu velli parpam, sīva lōga chendūram, sīva lōga mezhugu, pūrana chandrōdayam, thirilōga* (iron, magnet, *ayakkattam*) *chendūram, karisālai leghyam, chinjāthi lēghiyam, aya thāmbira chendūram, pancha lōga chendūram, nava lōga chendūram, chanda rasa parpam, jāthi linga parpam, rasa parpam,* swarna *vālai rasa chendūram, kāla mega nārāyana chendūram, kurānthaga chendūram, kanthaga cunnam, vān mezhugu, kanaga linga mezhugu, thanga mezhugu, mandūrāthy adaikudinīr, venpūsani lēghiyam, nellikāy lēghiyam, nannāri nei, nilappanai nei, thannīr vitān kizhangu nei, vallārai nei* – can be given separately or in a properly mixed form in proper doses in the morning and evening with proper vehicles for anaemia, jaundice and oedema. By these medicines, the diseases are cured and the body will become strong. The above medicines will increase appetite and improve digestion, and blood level will also be increased.

Sweet diarrhoea wax form of medicine

This has good laxative effect.

Method of preparation

Banana (*rasthāli* variety) 1 or 35 gm
Dates (*pērīnthu*) 35 gm (1 *palam*)
Grapes (*angūr dhrātchai*) 35 gm (1 *palam*)
Powdered sugar candy (*karkandu*) 35 gm (1 *palam*)
Almonds (*pāthāmparuppu*) 35 gm (1 *palam*)
Honey 35 gm (1 *palam*)
Cow's ghee 35 gm
Dried ginger, pepper, long pepper, and white mustard – each 18 gm (1/2 *palam*)

All the above may be ground in a stone mortar into a wax form. Then it is to be stored in a bottle.

Dosage: In a size of solanum torvum fruit (*sundai* fruit)

Time: Morning or at bedtime in a single dose. Motion will be passed freely. There will be no difficulty. If the frequency of passing motion is more, buttermilk can be consumed or charred sweetflag (acorus calāmus) in a pinch of five finger grip with honey can be consumed. The diarrhoea or frequency in motion will be controlled. Apart from this, if any worms or bacteria are present in the intestine, anaemia due to intestinal worms will occur. For this, the following medicines can be given:

Tender neem leaves paste of the size of gooseberry or betel nut (*kottai pākku*) can be consumed in the morning alone for 3 days with cane sugar. By this medicine, hookworm and other intestinal worms will come out. The stomach pain and loss of blood caused by these worms will be cured. Rice and buttermilk alone are the diet.

To castor oil 30 ml and cow's milk 100 ml, a small quantity of powdered sugar candy can be added and given in the morning alone. Motion will be passed freely. There will be no tiredness. Worms will come out. Rice and buttermilk can be given for diet.

Two *kazhanju* (10.24 gm) of the pericarp of gall-nut (terminalia chebula) and 10 *kazhanju* (50 gm) of the petioles of neem (*vēmbu īrkku*) may be powdered and then it can be ground with the juice of cissus quadrangularis (*pirandai*) in a stone mortar. To this paste a little of cow's butter may be added and consumed in the morning alone. All the intestinal worms will come out.

- The pericarp of terminalia chebula (gall-nut skin) 4 parts.

  Asafoetida 3 parts
  Dry ginger 2 parts
  Salt calyx 1 part (*uppu parpam*)

Powder the above ingredients and put the powder in a bottle. One or two *varāgan* weight (4 to 8gm) of this powder can be consumed along with 2 to 4 ounces of cow's urine in the morning alone. Not only are the intestinal worms removed but the old accumulated faecal matter in the intestine and the nucoid faeces will come out as well. Rice and buttermilk can be given for diet.

Coconut *lēghiyam*

Purified mercury, sulphur, cinnabar and calomel– each 2 *varāgan* wt. (8.32 gm).

Purified croton seeds–10 *varāgan* wt (41.6 gm).

Dried ginger (*chukku*), long pepper (*thippili*), root of long pepper (*dēsāvaram*), plumbago indica linu (*chitthiramūlam*), ruellia, strepens (*sanninäyakam*), china root (*parangi chakkāy*), root of Indian jalap (*sivathai vēr*), and asafoetida – each 2 *varāgan* wt. (8.32 gm)

atex of sarcost emma brevistigma (*kodikkalli*) 1/8 of a measure (15 ml)

Palm jaggery –as required.

Well-ripened coconut–one

The powders of the above-said medicinal ingredients can be mixed and they can be ground with the latex of sarcosemma brevistigina (*kodikkalli*). The paste may be inserted into the coconut through the opening made in the head of the coconut, and the mouth should be closed by a cork and the whole coconut should be covered with cowdung of one inch thickness and dried. Then this should be heated in 100 cowdung cakes. When the odour of the medicine is smelt or when the outer portion of the coconut is burnt, the coconut should be taken out from the fire immediately. After this it is cooled. The outer portion of coconut with cowdung seal should be removed. The white kernel of the coconut along with the medicine should be ground in a stone mortar and a *lēghiyam* is made of it by adding an equal quantity of palm jaggery and grinding it. The *lēghiyam* may be taken out from the mortar and stored in a wide-mouthed bottle.

Dosage: 2 to 4 *kundri* (250 mgm to 500 mgm) morning alone for 1 to 3 days with cane sugar. Sugar should be covered over the *lēghiyam* and swallowed. It is generally of the size of the fruit of solanum torvum (*sundai*).

Diarrhoea will occur easily without any tiredness. Flat worms, hook worms, and other intestinal worms will come out. Also ascitis, spleen diseases, anaemia, oedema, peptic ulcer and other gastric disorders will be cured.

Dasa dhītchai kuzhambu

The eye of a well-ripened coconut should be opened and emptied of its juice.

The latex of euphorbia antiquorum (*chathurakalli*), the latex of sarcosemma brevistigma (*kodikkalli*) each 30 ml, purified sulphur, calx mercury, magnet *chendūram*, dry ginger, pepper, long pepper, asafoetida, calx borax or fried borax, picrorrhiza kurroa (*kadugurōhini*) – each one *kazhanju* (5.12 gm) – These may be powdered and mixed together. They may be ground with the above-said latex in a stone mortar and the paste may be inserted into the coconut. The eye of the coconut may be closed with a cork and the whole coconut may be covered with cowdung and dried. Then this is to be heated in 75 cowdung cakes.

The coconut should be taken out when the odour of the medicine is felt or when the outer part of the coconut is burnt. The coconut should then be allowed to cool. The white kernel of the coconut along with medicine should be ground in a stone mortar after adding an equal quantity of palm jaggery. After it comes to the consistency of wax or sauce, it should be taken out and stored in a wide-mouthed bottle.

Dosage: The standard weight of a *kāsu* (500 mgm)–morning alone along with sugar. Diarrhoea will occur. If there is more of frequency of diarrhoea, buttermilk may be given or charred sweetflag (*vasambu*) along with honey can be given. This can be given with lime juice also. Diarrhoea will be controlled by this method. All intestinal worms will come out. Also ascitis, spleen disease, anaemia, oedema, jaundice, ulcer, burning sensation of eyes, ankylosing spondylitis of legs and hands will get cured.

Another process

A well ripened coconut should be put inside paddy when paddy is heated and boiled. After the paddy is well heated, the coconut should be taken out and cooled. The white kernel of the coconut may be taken in the morning alone. Diarrhoea will occur. For flat worms, this is a direct medicine according to the treatises.

Worm oil

Castor oil ¼ measure (35 ml)

Cow's milk ¼ measure (35 ml)

Coconut milk ¼ measure (35 ml)

Sathurakkalli pāl (euphorbia antiquorum 1/8 measure

Butea frondosa (*purasam* seed) should be boiled in milk; the outer skin is to be removed; the shoot of the seed should be removed; then it is to be fried in ghee. 35 gm of it is taken. This is to be powdered. This powder along with other earlier-said ingredients should be put into a pot and heated with small fire. The correct consistency for the oil is mustard accumulation form (*kadugu thiral pakkuvam*). After being heated to proper *thylam* (medicinal oil) form, it is to be stored in a bottle.

Dosage: 1 to 2 *varāgan* (4 to 8 gm) along with cane sugar or coffee in the morning alone. Diarrhoea will occur. This medicine may be given along with cow's milk or mother's milk.

Mēni ennei **(oil of acalyphaindica)**

Ingredients

Castor oil –35 ml

Leaves of Indian acalypha (*kuppaimēni*) – 35 gm

Method of preparation

Castor oil may be boiled in a vessel. At the time of boiling, the leaves of acclypha indica may be put into the oil and be fried. Then the fried leaves may be collected and put into a pot. The oil may be poured on the leaves little by little and should be made to mix well. Then it should be stored in a bottle.

Dosage: ¼ to ½ *palam* (8 to 16 gm)

All the intestinal worms will come out.

For anti-helminthic action

Purified butea frondosa (*palāsu*) powder – 2 parts

Fried and powdered asafoetida – 1 part

Fried and powdered bishop's weed (*ōmam*) – 1 part

Fried and powdered embelia ribes (*vāyvidangam*) – ½ part.

Sugar – 4 ½ parts

All the above 5 powders may be mixed together properly and stored. A pinch of it may be taken in the morning and evening for one or two days with honey. The next day, one of the following purgative medicines may be given: *sañjivi* tablet,butea frondosa tablet, *vajjirakandi* tablet, *mēganātha* pill or any of the above–said oils. By this, worms will also come out along with faeces.

Diet

Rice with buttermilk. For children, the quantity may be reduced.

***Siddhādhi* oil**

½ teaspoonful of this oil may be given in the morning alone along with cow's milk, cooked rice water or with aniseeds (*sōmbu*) decoction.

Diarrhoea will occur easily without any tiredness. Worms will also come out. This is a great medicine. It can be given in a needed dose for 3 days in the morning.

Buttermilk and rice can be given for diet. If frequency of diarrhoea is more, charred sweetflag can be given along with honey or lime juice. By a single dose, diarrhoea will be controlled. A decoction of cumin seeds or lime juice or buttermilk can be given for diarrrhoea.

Note: After the treatment is given for intestinal worms, and for anaemia due to mud-eating, *thirilōga chendūram* or *panchalōga chendūram* or *navalōga chendūram* can be given along with *karisālai lēghiyam* or *vilvāthy lēghiyam* or *mahāvilvāthy lēghiyam* or *thāthu vrithi lēghiyam* in a proper dosage for one *mandalam* (40 days) in the morning and evening. By this, all types of anaemia will be cured.

By *siddhādhi* oil, many types of acute diseases are cured. It is a great medicine. Swellings of abdomen, headache, *sūlai*, tumours of abdomen, constipation, itching or pruritis, ulcer, syphilitic ulcer, gonorrhoea, stomatitis, burning sensation of eyes, thirst, hiccough, vomiting, pubo, psychosis, syphilitic shancaroids, uterus disorders, *vātha* diseases, gas disorders, gastric disorders, *gunmam,* glandular swelling and fistulae can be cured. It is beneficial in the treatment of cancer and leprosy also.

Thirikadugu (dried ginger, pepper and long pepper), buffalo's buttermilk, goat's buttermilk, rusted iron (*mandūram*), iron, root bark of plambago, cow's urine, embelia ribes (*vāy vidangam*), pearls, honey, turmeric and curcuma aromatica (turmeric and cucuma aromatica are called *iru manjal*), terminalia chebula (gall-nut), terminalia belerica and phyllanthus emblica are also the medicinal substances which cure anaemia.

Diet: The diet which stimulates appetite and which increases the blood in the body should be consumed. And also herbs like sesbania grandiflora (*agatthi*) and bitter gourd (*pāgal*) which remove worms from the intestine can be used in food frequently. Foods which are easily digestible should be consumed.

Greens: Eclipta alba (*karisālai*), sessile plant (*ponnānkāni*), amarantus gangetias (*sirukīrai*), amarantus tristis (*arukīrai*), solanum rubrum (*manathakkāli*) and all other types of greens can be used.

Vegetables: Tender brinjal, banana (tender fruit), tender moringa, tender dolichos lablab, tender lady's finger, tender ribbed luffa (*pīrkku*), tender snake–gourd (*pudalai*), and cape gooseberry (*thakkāli*) can be used.

Meat varieties: Goat's meat, goat's liver, bone and stomach, meat of quail, dove, fowl, Indian partridge and monitor lizard (*udumbu*) will give strength to the body and increase the blood. For those with weak digestive power, soup and porridge can be given.

Meat soup: Goat's liver can be cut into small pieces and an equal quantity of water may be added to it. It can be heated in a small fire. After the liver is cooked well (after two boiling), the liver should be squeezed well; then it is to be filtered. The filtered water along with the juice of one of the fruits like grapes, orange, apple and cape gooseberry can be given one time daily. Blood will have a marked increase.

Goat's liver should be cut into small pieces. It should be put into a mixer and ground. Then it should be squeezed and juice should be taken. This can be added to other fruit juices and consumed. In this process, no water is added. No heating is done. If necessary, some quantity of hot water can be sprinkled. One time, especially in the morning, it can be taken. By this method also, blood will improve and body will become strong.

9

Jaundice

This is one among those diseases which occur due to derangement of *pittha uyir thāthu. Pittha* disease, *manjal kāmālai, kāmalā,* and *manjal* disease are the synonyms of this disease. In this disease, urine, eyes, tongue and the body will get yellowish discolouration.

Aetiology: Consuming more food which stimulates *pittha thāthu,* drinking unhygienic and impure water and seasonal changes cause this disease.

Yūgi Vaidhya Chinthāmani states that jaundice will occur when one consumes more *pittha*-stimulating food and indulges in excessive sexual activity under conditions of severe anaemia.

Apart from this, obstruction of bile flow will cause jaundice. When there is obstruction in bile duct, the bile, instead of going to the intestine, returns and mixes with the blood. Obstruction of bile flow will occur due to bile stone in the bile duct, worms, constriction in the inner walls of the bile duct and new growths. Cancerous growth, abscess or tumours or lymph nodules which occur in neighbouring parts of the bile duct may also obstruct the bile flow in the bile duct.

The occurrence of any inflammation in the small branches of bile duct may also cause obstruction.

Because of the toxicity of certain metallic substances like copper sulphate, lead, white arsenic and copper, inflammatory reaction will occur in the liver leading to the obstruction of bile flow.

There may be certain defects in RBCS by birth. Apart from this, on account of malaria and snake poison, the RBCS will get destroyed. In this condition also, jaundice will occur.

In cirrhosis of liver also jaundice occurs. Cirrhosis will occur in malaria and yellow fever and on account of certain toxic substances like alcohol and toddy and so in this condition also jaundice occurs. When the blood *thāthu* increases in the body, jaundice will occur.

Siddhars have stated that liver diseases occur mostly in those who live in hilly places and forest areas.

Premonitory symptoms

In this disease, excessive salivation, nausea, bitterness of tongue, anorexia, indigestion, dryness of the body and shrinking in the skin as that of a frog will occur. After that, eyes,nailbeds, face and skin and also urine will become yellow in colour.

Again, in this disease, palm, sole, face, eyes and the body will become pale; there would be severe fatigue in the extremities, shivering of the body, frequent dyspnoea, constipated and hardened faeces, yellowish discolouration of face, oedema, lassitude, deafness and heaviness of head.

Classification of the disease

In Siddha literatures, it is classified into 13 varieties. They are as follows:

1. *Vātha kāmālai*
2. *Pittha kāmālai*
3. *Kaba kāmālai*
4. *Vātha kaba kāmālai*
5. *Pittha kaba kāmālai*
6. *Thirithāthu kāmālai*
7. *Perunkāmālai*
8. *Ūthu kāmālai*
9. *Varattu kāmālai*
10. *Azhagu kāmālai*
11. *Sengamala kāmālai*
12. *Kumba kāmālai*
13. *Gunma kāmālai*

The signs and symptoms of the above varieties are as follows:

1. Jaundice due to *vātha* factor (*vātha kāmālai*)

In this disease, flatulence of abdomen, hiccough, constipation, oedema of the body, swelling of the lateral parts of leg and face, inability of the body to do any work, pain in the body, emaciation of the body, oedema of the extremities, reduced vision, loss of appetite and sleeplessness will occur.

2. Jaundice due to *pittha* factor (*azhal kāmālai*)

In this disease, the skin of the body is dry. Sleeplessness, lying in bed lazily, indigestion, body pain, frequent heavy breathing, frequent diarrhoea, rumbling of the stomach and loss of strength in extremities are the other symptoms.

3. *Kāmālai* due to *kaba* factor (*kaba kāmālai*)

This disease, which arises from the heart, will have the symptom of loss of consciousness. Persistent cough, perspiration on head and face, inability to walk, dyspnoea while walking, reddish conjunctiva, shivering of the body, and heaviness of the chest are the other symptoms.

4. *Kāmālai* due to *vātha kaba* factor (*vātha kaba kāmālai*)

In this disease, the ingested food is not digested. Incurable sore throat will occur. There is perspiration on face, nose, eyes and on the body. There is rumbling noise in the stomach with flatulence. There are bitterness in the tongue and paleness on tongue and eyes. There is dyspnoea on fast walking. Eyes will be swollen. There will be excessive cough.

5. Jaundice due to *pittha kaba* factor (*pitha kaba kāmālai*)

In this disease, there will be vomiting. Continuous headache will be present. There will be depression also. Flatulence, indigestion, thirst, anasarca and paleness on face and extremities are also present.

6. Jaundice due to threefold *thāthu* factor (*thirithāthu kāmālai*)

In this disease, thanks to excess *pittha,* the whole body will have the burning sensation. Frequent exhaustion and cough, thirst, severe pain all over the body, eructation, sour tongue, frequent false appetite, chillness in the body, swelling in lower abdomen and sweating on the body are present.

7. Severe jaundice (*perun kāmālai*)

In this disease, urine will be yellow in colour. There will be swelling and pain in the body. Face, leg, hand, eyes and uvula will become yellow in colour. Face will be shiny. There will be loss of appetite. Because of the severity of the disease, depressions, heavy breathing, and despondency will be present. Reduction of sexual desire and constipation will occur.

8. Jaundice with swelling (*ūthukāmālai*)

In this disease, excreta from eyes comes out. There will be sticky sweat on the face. The body will be swollen and have pain throughout. The body will be weak and there will be loss of sensation. In the body, the heat will become excessive and so the *kaba* factor will increase. There will be lassitude, loss of lustre and numbness on the body. After showing all these signs and symptoms, the body will be swollen abnormally.

9. Jaundice with dryness (*varal kāmālai*)

In this disease, the extremities will be dry. While walking, instability will occur. Loss of sensation occurs in the body. Fatigue will be present. The face will be blue in colour. Urine will be reddish in colour. Burning micturition will be present. Piercing pain will be felt in stomach. Tastelessness, evening blindness and blackish discolouration of the body will be present.

10. Jaundice with beauty (*azhagu kāmālai*)

In this disease, there will be weakness in the legs and hands. The eyes and eyebrows will become green as that of a *kazhal* creeper. Thirst will be present. Urine will be yellow in colour. There will be burning sensation in urethra. Distension of stomach occurs due to indigestion. The body will feel dry due to excessive heat.

11. Jaundice resembling the colour of a red lotus (*sengamala kāmālai*)

Owing to weakness in heart, the body will become very weak and lazy. Urine will be scanty and reddish yellow in colour. The body and nail will be pale. There will be rise of temperature. The tongue and saliva will be yellowish in colour.

12. Jaundice as that of a vessel (*kumba kāmālai*)

In this disease, the body will feel heavy and severe fatigue will be present. Urine will be yellow. There will be sweating in the evening. Eyes will become reddish. Because of the severity of the disease, the body will become very weak and it will bear resemblance to a withered garland. The person will be asleep even while standing. There will be frequent passing of motion as in basillary dysentery.

13. Jaundice with stomach disturbances (*gunma kāmālai*)

In this disease, mouth (tongue) will be pale and eyes will be greenish. Urine will be yellow and thick. At the time of digestion, the lower abdomen will be painful and vomiting will be present. The sense of smell is lost. There will be frequent cough with dyspnoea. The body will lie in bed like a dead body. Sometimes restlessness will be felt.

Curable and Incurable

Among the 13 varieties, jaundice due to *pittha* factor, severe jaundice, jaundice due to *kaba* factor, jaundice with swelling, jaundice with dryness, jaundice due to *vātha kaba* factor and jaundice due to *kaba vātha* factor are curable easily. The other varieties are not easily curable.

Treatment

Thanks to the variable intake of food and other deeds which stimulate *pittha thāthu*, *pittha* increases in its strength, joins *kaba* and becomes *pittha kaba* factor. This factor spoils the spreading *vāyu* (*paravu kāl– vyānān*) and prevents it from doing its normal work and thus it spoils the strength of

blood. Because of this, liver gets affected and so the bile is not able to flow in its normal route as there is obstruction. Hence the bile mixes with the blood and jaundice occurs. The *vātha* factor gets affected and the disease occurs due to *pittha vātha* factor. Apart from this, the other *vāyu* (gases) also get spoiled. Hence the duty of the doctor is to set right the altered *pittha kabam* and *pittha vātham*, in order to make the bile flow in its normal route and to increase the strength of blood by suitable treatment. The altered spreading *vāyu* (gas) and other *vāyu* (gases) should be brought to normal and made to do the normal regular work. Then medicines for the disease should be given.

To induce vomiting and diarrhoea

Since vomiting is a symptom in this disease, it should not be induced though it is advocated in Siddha literatures.

To stimulate normal and easy bowel movements, the following substances which have laxative action can be given:

Anthemides flower (*sīmai sāmanthi* flower)
Buds of rose (*rojā*)
Grapes (*kodi munthirigai*)
Bark of purging cassia (*sarakkonrai*)
Leaves of purging cassia (*sarakkonrai*)
Flower of purging cassia (*sarakkonrai*)
Phyllanthus amarus (*kīzhānelli*)
Terminalia chebula (*thiripālai*)
Phyllanthus emblica (Indian gooseberry)
Terminalia bellerica
Picrorhiza kurroa (*kadugurōhini*)
Root of Indian jalap (*sivathai*)
Flower of hygrophila paniculata (*nīrmulli* flower)
Flower of neem (*vēppam pū*)
Tinospera cardifolia (*sīnthil*)
Tribulus terrestris (*nerunjil*)

A decoction of the above substances may be made and given for jaundice for laxative purpose.

The medicinal *malakkudāra* oil in a dose of one teaspoonful with a small quantity of milk can be given at bedtime. The next day morning faeces will be passed out easily.

Malalakudāra wax (*mezhugu*) of the size of a fever nut (*kazhal kāy*- caesalpinia bounduc) can be given at bedtime. Easy motion will occur in the morning.

Sweet diarrhoea wax (*thithippu bēdhi mezhugu*) or sweet diarrhoea *lēghiyam* (*thithippu bēdhi lēghiyam*) of the size of Indian gooseberry can be taken at bedtime. Easy motion will occur in the morning. It may be given in suitable doses in the morning and evening.

If the motion is not passed properly by the above methods, 2 *sanjīvi* tablets with hot water can be given for children. Motion will be passed easily.

For adults, one among the following may be given in a dose of 2 tablets with hot water in the morning alone. Faeces will be passed easily. The medicines are *vajjirakandi* tablet, *attabairava* tablet, *suka virēsana* tablet, *jīvarathina* tablet, *virēchana bhūpathy* and *lavangāthy* tablet. When *sanjīvi* tablet along with leaf juice of euphorbia nivula (*ilaikkalli*) is given, vomiting and diarrhoea will be induced. Vomiting for two or three times will occur. Diarrohoea will also occur. Along with vomit or faeces, the bile fluid will also come out.

The unripened fruit of randia dumetorum (*marukkārai kāy*) in its tender reddish form may be taken. It may be soaked in lime juice and leaf juice of euphorbia nivula (*ilaikkalli*) for two days in each. Then it can be taken out and dried. This can be ground and made into powder. ½ to 1 pinch can be given in the morning alone. Diarrhoea and vomiting will occur.

Tinospera cardifolia (*sīnthil*), eclipta alba (*karisālai*), phyllanthus amarus (*kīzhānelli*), *sivanār* neem, Indigofera aspalathoides vahl (*sivanār vēmbu*), terminalia chebula (*kadukkāy*), puncture vine (tribulas terrestris – *nerunjil*), flower of purging cassia (cassia fistula –*sarakkonrai*) or its leaf or bark – any one of the above can be ground in raw greenish form and made into a green paste (*karkam*). This can be given for jaundice.

Take 30 ml of the juice of phyllanthus amarus (*kīzhānelli*) and add 30 to 40 gm of epsum salt (*bēdhi uppu*) to it. This may be heated. After the salt is dissolved well, this may be cooled and filtered. It can be given in the morning alone. Vomiting and diarrhoea will be stimulated by this and bile fluid will also come out.

The outer part of terminalia chebula (*kadukkāy*), Indian gooseberry (*nelli*) and terminalia bellerica (*thāndrik kāy*) may be taken in a quantity of 15 gm (3 *kazhanjus*) each. They may be pounded well to make it a coarse powder and then 2.5 litres (2 measures) of water may be added to it and boiled. Boil and reduce water to 1/8 of it quantity. Then make it cool and filter. To this decoction, add 10 gm (2 *kazhanjus*) of Indian jalap (*sivathai*) powder. Consume it for 3 days in the morning alone. Diarrhoea will occur and jaundice will be cured.

Flowers of hygrophila auriculata (*nīrmulli*) and neem, puncture vine (tribulus terrestris –*nerunjil*), dried outer portion of terminalia chebula (*kadukkāy*), terminalia bellerica (*thāndrikkāy*), and phyllanthus emblica, root of Indian jalap (operculina turpethum –*sivathai*) – take equal parts in each, add eight parts of water and reduce it to 1/8 of it by boiling. This may be given in suitable doses in the morning and evening for jaundice. The disease will be cured.

The root of cassia fistula (*konrai*), neem bark, bark of Indian gooseberry, berberry root (*maramanjal ver*), turmeric (*manjal*), picrorhiza kurroa (*kadugurōhini*) – take equal parts in each and prepare a decoction as per procedure. Jaundice will be cured if this decoction is consumed in proper doses in the morning and evening.

Parpam*, *chendūram and chūranam

Irumbu kitta (rusted iron) *chendūram*

Irumbu (iron) *chendūram*

Karpūra silajet (hdyrodrous calcium sulphate gypsum) *parpam*

Vediyuppu (potassium nitrate) *chendūram*

Navachāra chendūram

Ainthuppu (five salt) *chūrnam*

Kālamēga nārāyana chendūram

Among the above *parpam, chendūram,* and *chūrnam,* any one of them may be given separately or one or two may be combined and given in suitable doses with proper vehicle in the morning and evening. Jaundice will get cured.

If necessary, it can be combined with a decoction which expels the bile in the blood or with the juice of phyllanthus amarus (*kīzhānelli*) in which 1 or 2 *thōla* of epsum salt is mixed.

Green paste of phyllanthus amarus

Take 8 gm of the whole plant of phyllanthus amarus or well-ground green paste of the plant in the size of the areca nut. Add the powder of turmeric (curcuma longa) and cumin seeds – each 4 pinch to it. Mix them and take it along with cow's milk, or buttermilk, or buffalo's buttermilk, or goat's milk or its buttermilk in the morning and evening for 3 to 5 or 7 days for jaundice. Jaundice will be cured. Salt should be avoided. If there is no fever, bath may be taken daily.

Note: Some will add charred turmeric instead of turmeric powder. Watery onion one tooth may also be added while grinding the herb. All these procedures will give good effect. Similarly, the green paste of eclipta alba (*karisālai*) and leaves of indigofera ticuctorai (*avuri*) may be prepared and given.

Another preparation

Four plants of phyllanthus amarus, cardamom seeds, cumin seeds, turmeric powder – each one *kāsu* weight (500 mgm) may be taken and ground with cow's milk in a stone mortar. The paste may be consumed along with milk or buttermilk in the morning and evening. Jaundice will surely be cured. Watery onion one tooth may also be added while grinding. This can be consumed along with ¼ measure (300 ml) of buffalo's curd or buttermilk. This can be given along with goat's milk or its buttermilk.

Green paste of indigofera tinctoria leaves (*avuri*)

Green leaves of indigofera tinctoria may be ground separately in paste form and consumed in the size of areca nut mixed with cow's milk in the morning and evening. This disease will be cured.

Green paste of strychnos potatorum seeds (*thētrānkottai karkam*)

A tender coconut may be taken. The eye of it may be opened and four seeds of strychnos potatorum in a broken form may be put into the tender coconut through its opening and be kept for a night. In the morning, the soaked seeds may be taken out and ground in a stone mortar. The paste may be consumed along with tender coconut water. If consumed in every morning for three to five days, jaundice will get cured. Salt-free diet is essential.

Green paste of cassia auriculata

Green paste of the root bark of cassia auriculata in a lime's size may be consumed along with coconut milk in the morning and evening for three days. Jaundice will be cured. Salt-free diet is essential.

Green pastes along with calx (*parpam*)

If there is enlargement of liver and spleen along with jaundice, *rasa parpam* which is prepared using the best procedure may be given in doses of ½ to 1 grain along with palm jaggery in the morning and evening. Immediately after consuming this medicine, green paste of phyllanthus amarus or indigofera tinctoria along with cow's milk should be taken in. This may be consumed for three to five days. Medicine must be given only after assessing the severity of the disease, condition of the patient, and duration of the illness. Salt-free diet is prescribed. Enlargement of liver will be reduced and jaundice will be cured.

Juice of the leaves of radish

With the unmixed juice of radish leaves, an equal quantity of milk may be mixed and consumed in the morning and evening for three to five days. Jaundice will be cured. Salt-free diet is essential.

Tender leaves of ricinus communis – castor (*āmanakku*)

Tender leaves of ricinus communis may be pounded; juice is squeezed out. After mixing it with goat's milk, it may be consumed in doses of 1/8 of a measure (30 ml) once in a week (especially on Sundays) in the morning. Diarrhoea will occur.

This may be considered as a preventive and curative medicine for jaundice. With salt-free diet, goat's milk and rice may be eaten. The next day salt may be included in the diet.

Tablet of eclipta alba (*karisālai māthirai*)

Eclipta alba–one handful
Black cumin
Long pepper
Pepper (piper nigrum)
Garlic (allium sativam
— each ¼ *palam* (8.5 gm)

Grind them all in a mortar and make tablets in the size of solanum torvum (*sundai*); dry them in shade and put them in a wide-mouthed bottle; pour good quality gingelly oil and close it with a lid and put it in sunlight. One tablet each may be taken in the morning and evening. Dry jaundice along with oedema will get cured. Tamarind and salt should be avoided.

Ghee of phyllanthus amarus (*kīzhānelli ney*)

Juice of phyllanthus amarus 1.35 litre (one measure)
Cow's ghee 1.35 litre (one measure)
Cubeb (*vālmilagu*)
Nutmeg (myristica fragrances) (*jāthikkāy*)
Cardamom (eletaria cardamom) (*ēlam*)

Each 17.5 gm (½ *palam*) is taken. All of them may be ground in a mortar with milk. Then this may be heated and processed for oil (*thylam*) and filtered. 16 ml (the standard volume of a small spoon (*uchikarandi*) may be consumed in the morning and evening. Jaundice will be cured. Salt-free diet is essential.

Ghee of eclipta alba (*karisālai ney*)

Juice of eclipta 1.35 litre (one measure), cow's ghee 1.35 litre (one measure), *thirikaduku* (dry ginger, pepper, long pepper) 35 gm (one *palam*), hyoscyamus niger (*kurōsāni ōmam*) 8.5 gm (¼ *palam*), and cubeb (*vālmilagu*) 17.5 gm (½ *palam*) may be taken and the ghee may be prepared as described

above. When given in the morning and evening in doses of 16 ml (small spoonful), dry jaundice (*varal kāmālai*) will be cured. Salt-free diet is essential.

Medicines to keep the body strong

Aya jambīra karpam (iron lime *karpam*), *aya bringaraja karpam* (iron eclipta *karpam*), *ayakāntha karisālai urundai* (iron magnet eclipta tab), *sīvalōga chendūram, sīvalōga mezhugu*, eclipta *leghyam, siddha mandūram*. (Please see the descriptions of these medicines in the chapter on anaemia). Jaundice will be cured by these medicines.

Parpam and *chendūram* prepared from magnet iron (*kāntha ayam*), iron mercuric chloride (*aya vīram*), iron magnet (*aya kāntham*), iron gold (*aya thangam*), magnet gold (*kāntha swarnam*), gold coral (*swarna pavalam*), gold (*swarnam*), pearl (*mutthu*), coral (*nalpavalam, kodippavalam*), metal-rusted iron (*lōga mandūram*), pearl oyster cell (*mutthu chippi*), cowrie shell (*palagarai*), gypsum (*karpūra silajet*), and conch shell (*sangu*) may be given for jaundice.

One or many combined among the following in suitable doses and suitable vehicle can be given for jaundice: *suyamāgni* (self-fire *chendūram*), nine-metal *chendūram* (*navalōga chendūram*), three-metal *chendūram* (*thirilōga chendūram*), siddar nine-metal *kalpa* (*siddha navalōga karpam*), *ārumuga chendūram*, green vitriol *chendūram* (*annabēdhi chendūram*), sky-high *mezhugu* (*vānamā mezhugu*), *kanagalinga mezhugu* and *abaranchi rēkku mezhgu*. The above medicines will cure anaemia, oedema, and jaundice and improve the blood strength and body strength and keep the body in good condition.

Grapes decoction (draksha decoction)

Angūr grapes (after removing petiole and seed, – 60 gm
Fruit cardamom (with skin) – 30 nos.
Cubeb – ½ teaspoon
Cumin seeds – one teaspoon
Fresh rose petals
Root of phyllantus amarus (fresh)
Water – 4 litres.

The above may be put into a pot and heated in small fire and reduced to one fourth. Filter then and there and take 5 to 10 ml (1/16 of a measure) per dose two or three times a day with cane sugar. Jaundice of any type will be slowly cured within three to five days. When calx of gypsum (*karpūra silājatthu parpam*) is added to it, jaundice will be cured quickly. Salt-free diet is essential.

Calx medicine (*parpa* medicine)

When there is fever and jaundice along with liver enlargement, the following calx medicine and decoction may be prepared and given for sure remedy:

Calx of coral prepared with phyllanthus amarus or solanam nigrum (*manathakkāli*) or eclipta alba – 1 part

iron-rusted *chendūram* (*aya mandūra chendūram*) prepared from calx of gypsum and calx of deer horn and phyllanthus amarus (whole plant)– each 2 to 2 ½ parts

Gold retort method mercury *chendūram* (*swarna vālai rasa chendūram*) – 1 part

Ulānthā chinnabar kattu chendūram – one part

Good quality musk *chendūram* (*nayam kasthūri*) – 1 part

Mix them all using the proper process. If it is consumed in two to four pinches in the morning and evening with honey along with a decoction, jaundice will be cured. Temperature will come down. Passing of motion and micturition will be regular. Enlargement of liver will be reduced. These medicines should be prepared with proper caution and perseverance..

Decoction for calx

The whole plant of phyllanthus amarus – 4 or 5 plants

Evolvulus alsinoides (*vishnu granthi*) – one handful

Eclipta alba – one handful

Cumin seeds, cardamom, china root

(*parangi chakkai* or *pattai*-smilax china),

sausurea costus (*sāthik kōttam*) – each ½ *thōla*

Angūr grapes – three *thōla*,

Water – one measure.

Put the above all into a mud pot and heat. Reduce it to one fourth and filter. This decoction in doses of 1/16 of a measure in the morning and evening may be consumed along with calx.

Note: In jaundice, when any of the above medicines is administered, salt and tamarind should be avoided. Rice with buttermilk, milk or gruel may be given for diet. In jaundice, continuity of restricted diet is essential for the same duration as the period of medicine intake even after completing the intake of either herbal medicine or calx of mercury.

Then bath with trachyspermum ammi sprague (*ōmam*) is to be taken once. After this, three baths one after the other are to be taken with cubebs (*vālmilagu*) or with *pancha karpūram* (five camphor). These five camphor substances are myristica fragrance (*jathikkāy*), syzygium aromaticum (*kirāmbu*), illicium verum (*thakkōlam*), cardamom (*ēlam*) and camphor. Taking this type of bath will completely remove the discomforts of the disease, give cool effect to the body and the body will become strengthened.

Oils (thylam)

Gingelly oil ¼ measure, root of phyllanthus amarus, black cumin seeds, cumin seeds – each 8.5 gm (¼ *palam*) – Grind them all with cow's milk and mix, boil and filter. This can be used for oil bath. Other oils for bath are as follows:

Oil prepared from juice of phyllanthus amarus (*kīzhānelli*).

Oil of eclipta alba (*karisālai*)

Eclipta and gooseberry oil (*kaiyān nellikkāy thylam*)

Oil of velliveria zizaniodes (*vettivēr thylam*)

Oil of sticklac (*arakku thylam*)

Great sandalwood oil (*maha chandanāthi thylam*)

Nasal drops for jaundice

Inner portion of the seeds of ribbed gourd (*pīrkku*) may be powdered, tied in a linen and soaked in mother's milk and squeezed in the nostrils three times a day for six days. Jaundice will get cured. The bile in yellow colour

will come out when the mucus in the nostrils is expelled. Fried salt may be added to diet. Tamarind should be avoided. This restricted diet is essential for 15 days. On the 7th day, hot water bath should be taken. For 40 days, sexual activities should be avoided. Leaves of limonia acidissima (elephant apple – *kutti vila̅*) may be taken and juice may be squeezed out of them. The juice may be dropped in the nostrils in the morning for two days. Jaundice will be cured within two days. Salt and tamarind should be avoided on the days of medicine administration. At night, porridge of boiled rice may be eaten. The next day tamarind and salt may be added. On the third day, headbath may be taken applying *mukkūttu* ghee (gingelly oil, castor oil and cow's ghee).

Herbal leaves bandage (*pachilai kattu*)

On Tuesday or Sunday, the dog mustard (*thaivēlai*) or the three-leaved caper (*māvilangu*) may be worshipped with holy smoke and fire and with the sacred manthra '*namasivaya nasi nasi*', and then the leaves of it may be plucked from the plant and slightly squeezed. The squeezed leaves may be put on the arm in a spot between the shoulder and elbow in the size of 2 cm coin, and on it a coin or potsherd may be put and tied.

Herbal bandage may be done on the left hand for males and on the right hand for females. There will be severe pain in this process. The next day it may be untied. On the spot of herbal application, vesicles will be formed, and then it becomes ulcerated. For the ulcer, turmeric and castor oil mix can be applied. The ulcer will get healed within 16 days on applying this medicine regularly for 16 days. Jaundice will also get cured. In these 16 days, eczema–causing substances (*karappān pandangal*) should be avoided. After 16 days, all substances may be taken. The eczema–causing substances are meat, maize, millet (*kambu*), common millet (*varagu*), Italian millet (*thinai*), underground stem, unripe banana, fish, dry fish, brinjal, and white pumpkin.

Jaundice powder

Bāvanai-processed powder of eclipta;

Bāvanai-processed powder of the whole plant of phyllanthus amarus

Mix the above two and take in doses of ¼ to ½ teaspoon two or three times a day with cow's milk or its buttermilk or goat's milk or its buttermilk. It can be given with honey also or it can be taken separately. It can be used as an adjuvant for any other calx or *chendūram.* It will give an excellent cure for spleen and liver enlargement also.

Jaundice powder (another process)

Charred turmeric – one part
Cubeb – fried, pounded and powdered – one part
Cumin seeds – fried, pounded and powdered – one part
Cane sugar powder – 4 parts
Calx of gypsum – 1 part

Mix all the above five and make a single powder of them. Jaundice will be cured when this powder is taken in doses of 10 to 15 *kundri* two to three times a day with cow's milk or goat's milk or honey or in orange juice. It can also used as adjuvant to any other calx or *chendūram* or any other medicines prescribed for jaundice. By this, anaemia, oedema and liver diseases will get cured.

Decoction of tender leaves of thespesia populnea for jaundice (*pūvarasu kozhundhu ilai kudinīr*)

Put the iron pot on a stove. 8 gm of pepper may be put into the pot and fried. Make a powder of it keeping it in the pot itself. Then pour ½ measure of tender coconut water into the pot over the pepper. Let it be boiled in the pot. One handful of tender leaves of thespesia populnae may be taken and squeezed to get juice. The juice may be poured into the pot when it starts boiling and the squeezed leaves may also be put into the pot itself. Within a few minutes, the water portion in the pot will be reduced to 1/8 of a measure. Take the pot away from the stove and make it cool. Filter the decoction. The decoction is to be consumed when it is slightly hot. If it is prepared and consumed for three times, jaundice will get cured immediately. Saltish and pungent diet should not be taken at the time of drinking this decoction for the whole day. Sweet substances are also to be reduced. Before consuming this medicine, the required food can be eaten.

The procedure for consuming this medicine

If the first dose of medicine is taken at 6 pm of the day, the second dose is to be taken at 6 am the next day. The third dose is to be taken at 6 pm on the second day. For the whole day, salt-free rice porridge alone should be taken. The next day morning a little of cow's butter may be put on the head and after half an hour, bath should be taken in cold water. Then the needed food can be taken. Those who suffer from this disease for a longer duration can consume 3 doses of this medicine with a break of one day. For children, dosage should be adjusted suitably according to their age, body type and strength.

Powder of East Indian rose (*nandiyāvattai*) for jaundice

Pericarp of the root of multiple-layered East Indian rose, pericarp of the root of Indian jalap which is cooked in milk, the outer part of terminalia chebula – equal quantities of these 3 things may be dried and pounded in a stone mortar and the powder may be filtered by a muslin cloth. If this powder in a three finger pinch is consumed with hot water, jaundice, predominant *pittha* condition, anaemia, and oedema can be cured.

Coconut medicine for jaundice

A well-ripened coconut may be taken; its eyes may be opened and the coconut water may be poured into a vessel. The root of boerhavia diffusa (*mūkkirattai*) may be rubbed with coconut water and a paste is made. This paste must be inserted into the coconut through the opened eyes and then the eyes may be closed properly and a strong mud-sealing may be made over it and dried. This may be buried under the ground and kept for 3 days under the earth. It may be taken out on the fourth day and the sealing may be removed. The coconut may be broken and the medicine inside the coconut may be divided into 3 equal parts. One part per day along with buffalo curd may be consumed. Fat-free diet is essential.

Two medicines for jaundice

The whole plant of solannm nigrum (*manathakkāli*) or the whole plant of phyllanthus amarus (*kīzhānelli*) may be macerated on a stone slab with water. A lime-sized paste of it may be consumed with cow's buttermilk or curds.

Green paste of eclipta alba (*kaiyānthakarai karkam*)

Tender leaves of eclipta alba, tender leaves of coldenia procumbens (*seruppadai*), turmeric and pepper – equal quantities of the above 4 substances may be taken and macerated on a stone slab. A lime-sized paste of it may be consumed along with goat's urine. Jaundice and oedematous jaundice will be cured.

Medicine of acacia concinna (*sikaikkāy*) for jaundice

Four numbers of fresh fruit of soapnut (acacia conenua) may be collected and the seeds inside the fruit may be removed. The seedless fruits may be macerated with water very well and it may be consumed mixing it with half a litre of cow's milk. If diarrhoea occurs, then, it is good. This medicine may be consumed for 3 days.

Rice with cow's milk may be taken. Salt and tamarind should be avoided. Jaundice of any type will be cured.

Ghee of alternanthera sessilis (*ponnāngāni*) for dry type of jaundice

The root of alternanthera sessilis may be collected and macerated on a stone slab. It is taken in lime fruit size and be soaked into 4 litres of cow's milk and is allowed to mix with it. The next day, the butter from it may be taken out and consumed. Jaundice with dryness will be cured.

Cissus quadrangularis (*pirandai*) medicine for jaundice

Tender leaves of cissus quandrangularis, pepper, acorus calamus, dry ginger – equal quantities of these ingredients may be taken and macerated on a stone slab. An areca nut-sized ball of this paste may be covered in rice bran and consumed.

Eye drops for jaundice

Leaves of caesal pinia bouduc, garlic and acorus calamus – these three may be squeezed and put in a cloth. The drops of it may be squeezed out from the cloth and dropped into both the eyes. As it is a pungent drug, only a small drop alone is to be poured into the eyes. If there is swelling in the eyes, tender leaves of cynodon dactylon (*arugu*) may be macerated with cow's milk and the paste may be given for 6 days. Jaundice will be cured.

Medicine of turmeric, etc. and calx for jaundice (*aridrādhi chūranam, parpam*)

Turmeric (*manjal*), pericarp of terminalia chebula (*kadukkāy thōl*), pericarp of terminalia belerica (*thāndrikāy thōl*) and pericarp of Indian gooseberry (*nelli mulli*), pircorzhiaza kurroa (*kadugurōhini*), rock salt (*induppu*) – equal quantities of the above substances may be taken, dried and pounded in a stone mortar. One *verukadi* (cat's footprint) quantity mixed with water may be consumed. Jaundice will be cured.

Leaves of pavonia zeylanica (*chitramutti*), bark of cassia fistula (*konrai*), syzygium cumini (*nāval*), coriander leaves, purified iron powder, leaves of indigofera tinctoria (*avuri*) – equal quantities of the above substances may be taken and calx of the above may be prepared. The calx may be put in a mortar and ground with lime juice. The paste in the size of solanum torvum (*sundaikkāy*) may be consumed. Jaundice will be cured by this.

Leaves of castor plant for jaundice (*āmanakkilai marunthu*)

Tender leaves of castor plant (*āmanakku kozhundhu*), tender leaves of trianthema protulacasturm (*sāranai kozhundhu*), dried ginger and white onion – equal quantities of the above things may be taken and macerated on a stone slab. The paste may be mixed with buffalo curd and consumed. Jaundice will be cured.

Medicine of iron filings for jaundice (*arappodi marunthu*)

Iron filings may be put soaked in the bark juice of terminalia arjuna (*maruthu*) and allowed to absorb the juice. Then the iron filings may be taken

out and dried in the sun. Then it is powdered. Take 40 terminalia chebula fruits. Remove the seeds. Fry the epicarp portion in a vessel and make it charred, and then it is powdered. Equal quantities of this powder along with the iron powder may be consumed. Ascitis, anaemia and jaundice will be cured.

Phyllanthus distichus (*arunelli*) for jaundice

Phyllanthus distichus in the size of the fruit of Alexandrian laurel (*punnai kāy*) may be taken and macerated on a stone slab. This may be given along with ¼ of a measure of sour buttermilk for 3 days in the morning. Jaundice will be cured. Rice with goat's milk can be taken. Salt should be avoided.

Excreta milk of buffalo for jaundice (*erumai sāni pāl*)

The excreta milk of buffalo and buffalo curd may be mixed together. Cumin seeds and onion in equal quantities may be macerated and added to the above. The mixture may be again mixed with cow's milk and given in 6 to 7 equal doses. Jaundice will be cured.

Decoction for jaundice

- Flower of madhuca longifolia (*iluppai*), tinospera cordifolia (*sīnthil*), neem petioles, petioles of *adathoda* vasica, clearing nut, *vettivēr* zizanioides – take equal quantities of the above and prepare a decoction. The decoction may be taken along with sugar, ghee and honey. Jaundice will get cured.
- 70 gm of *sivanātha* powder along with cold water or honey or with the three-fruit (three myrobalans-*kadu, tānri* and *nelli*) decoction may be consumed. Jaundice will get cured.
- White variety of Indian jalap (*vellai sivathai*), dry ginger (*chukku*), root of burleria prionitis (*semmulli vēr*) – make a powder of these and mix together and take with milk and sugar.
- Decoction of three fruit (three myrobalans- *kadu, tānri* and *nelli*), juice of tinospere cordifolia (*sīnthil kodi chāru*), decoction of berberis aristatica (*maramanjal kudinīr*), decoction of neem bark. To any of

these decoctions, the above powder may be added and taken daily in the morning along with honey. Jaundice will get cured.

- The whole plant of phyllanthus amarus (*kīzhānelli*) 50 gm and dry ginger (*chukku*) 10 gm may be macerated and given or a decoction made out of them may be given.
- Phyllanthus amarus *(kīzhānelli)*, terminalia chebula (*kadukkāy* – gall-nut)– a decoction may be prepared of the above and consumed along with sugar. Jaundice will get cured.
- Root of alternanthes sessilis (*ponnānkāni*), root of indigofera tinctoria (*avuri*), terminalia chebula (*kadukkāy*– gall-nut), tender leaves of white pumpkin (*venpūsani kozhundhu*) – any of the above may be macerated with goat's buttermilk and given for jaundice. Jaundice will get cured.
- Glycyrrhiza glabra (*athimathuram*), sugar taken from tinospera cordifolia (*sīnthil sarkkarai*), clearing nut (*thētran kottai*), sandal (*chandanam*) – all the above may be macerated with cold water and given for jaundice. Jaundice will get cured.
- Three fruits (three myrobalans- *kadu, tānri* and *nelli*), neem bark (*vēppam pattai*), andrographis paniculata (*nila vēmbu*), *ādāthōda* vasica (*ādāthōdai*), tinospera cordifolia (*sīnthil kodi*) – a decoction may be prepared of the above ingredients. When it is given along with honey, jaundice anaemia will get cured.
- Pericarp of the dry fruit of Indian gooseberry (*nelli thōl*), dry ginger (*chukku*), pepper (*milagu*), long pepper (*thippili*), turmeric (*manjal*) – take equal quantities of the above and make a *chūranam* or powder. To the above powder, iron *chendūram* may be added and consumed. It can be taken along with honey, ghee or sugar.

Abōrājāthi powder (*abōrājāthi chūranam*)

Dry ginger, pepper, long pepper, embelia ribes (*vāy vitangam*), three fruits (three myrobalans- *kadu, tānri* and *nelli*)– take equal quantities of the above and make a powder of them. This may be consumed along with sugar. Powder of Indian jalap (*sivathai*) may be consumed along with sugar or powder of clerodendrum serratum (*siruthēkku*) mixed with the powder of dry ginger

and palm jaggery along with iron *chendūram* may be given. Jaundice will be cured.

Turmeric (*manjal*), berberis aristata (*maramanjal*), three fruits (three myrobalans- *kadu, tānri* and *nelli*), pricrorrhisis kuroa (*kadugurōhini*) – make a powder (*chūranam*) of the above ingredients, add rusted iron *chendūram* to the powder and take this with honey and ghee. Jaundice will be cured.

Make a green paste from the whole plant of phyllanthus amarus (*kīzhānelli*) and take the paste in the size of areca nut. Add 300 mg of conch shell calx to this and consume it in the morning alone as a single dose with buttermilk. Take it for 3 to 5 days like this. Avoid salt. Jaundice will get cured. Purified gypsum may be macerated with cow's urine and consumed. Jaundice with oedema will get cured.

Powder of eclipta alba (*karisālai chūranam*)

Powder of dry leaves of eclipta alba (*karisālai*) 35 gm
Powder of epicarp of terminalia chebula (*kadukkāy*) 15 gm
Powder of pepper (*milagu*) 10 gm
Powder of the root of lawsonia alba – henna plant (*maruthōnri*) 10 gm

Mix all the above and grind it in the mortar to make it a fine powder. Take 2 gm of the above, add 200 mg of rusted iron *chendūram* and take 2 times a day with buttermilk. Within 5 to 10 days, jaundice will get cured.

Diet for jaundice

Salt should be restricted according to the strength of the patient. Porridge without salt and tamarind is good. Twice boiled rice can be given. As stated in aetiology, when the bile flow is obstructed in the bile duct, fat will not be digested as bile is not available for digestion. So ghee, butter, oil and all other fatty substances should be avoided until the disease is cured completely. Tender vegetables which are not fried with mustard and gingelly oil, greens, fruits, buttermilk and goat's milk can be taken in. Ginger paste can be added to diet to induce appetite. To the diet, cane juice, lime juice and ginger can be added. Smoking, tobacco chewing, and alocohol–like substances should be fully avoided. Rest is essential until the disease is completely cured.

10

Diarrhoea

Introduction

Excessive motion (*miku kazhichal*), excessive liquid motion (*athisāram* or *athisāra kazhichal*) are the synonyms of this disease. Diarrhoea occurs under the following conditions. The semidigested food is passed out in the same state, due to indigestion. Since the lower part of the intestine is ulcerated and inflamed, the faecal matter is not in a position to stay there, and hence it is passed out immediately and frequently. In this disease, the body gets weakened and lean as the nutrition to the body tissues is affected. Since the undigested food is passed out with more frequency, the disease is called excessive motion or *miku kazhichal*. As the digested material or liquid (*sāram*) comes out without getting absorbed in the intestine, this disease is called excessive liquid motion or *athisāram*.

Aetiology

Excessive intake of starchy substances, meat, ghee and oil, excessive intake of rotten fish, rotten vegetables, water-soaked substances, not easily digestible foods like *pulavu, kichadi* and jaggery water and sexual indulgence during accumulation of undigested materials in the stomach will cause the disease. During these conditions, as the appetite gets spoiled and also the *abāna* (*kīzhnōkku kāl* - the downward gas) gets stimulated, diarrhoea occurs. If there are intestinal worms abnormally in the intestine, diarrhoea will occur.

The other reasons for this disease are stomach cancer, removal of a part of stomach by surgery, anaemia, peptic ulcer, excess gastric secretions, tuberculosis in small intestine, fungal and bacterial infestation, non-absorption syndrome, malnutrition, frequent intake of laxative drugs, colitis, and cancer in the intestine.

Diarrhoea will occur due to the abnormality in the functions of ductless glands. Due to nervous conditions and sudden changes in climatic conditions also, diarrhoea occurs. Prolonged intake of medicines for chronic diseases may also cause diarrhoea.

Diarrhoea will also occur in pancreatitis, obstructions in bile duct and in inflammation of large intestine.

Classification of the disease

Diarrhoea is classified into 8 varieties. Four varieties occur due to the defect in life forces (*uyir thāthu*). They are *vātha* diarrhoea, *pittha* diarrhoea, *kaba* diarrhoea and *thrithāthu* diarrhoea. Other four varieties are diarrhoea due to fever, diarrhoea due to nervous conditions, bloody diarrhoea, diarrhoea due to *thōdam* (due to the sight of birds).

1. Vātha diarrhoea

In this disease, flatulence and pain is present in the abdomen. The pain is of a piercing nature. There will be rumbling noise and increased gas in the abdomen. Micturition is not possible. Frequent passing of motion will be present. The ingested food is not properly digested and it is passed out with foul smell and it will be yellow or black colour (high-coloured stools). The body will be pale. As there is indigestion with diarrhoea, fermented substances will be present in the stomach.

2. Pittha diarrhoea

This disease occurs due to the malfunctioning of *pittha*. In this disease, the faeces will be dry, frothy and yellowish colour. Excessive gas will be expelled out from anus. There will be rise of temperature and swelling in the extremities and the body. Anaemia, headache, and vomiting will also be present.

Apart from these, pain will be present in intestinal area surrounding the umbilicus. The body will become fatigued with pain in abdomen and anal region. The faeces in diarrhoea will be black and frothy at first. Then bloody diarrhoea will be seen.

3. *Kaba* diarrhoea

The motion will be passed out with severe pain in the abdomen. The faeces will have very bad odour and froth. The mucus with muscle tissue will be passed out during diarrhoea. Tastelessness, cough with expectoration, dyspnoea (heavy breathing), horripilation (*mei silirtthal*), pain in anus and pruritus in the body will also be seen as ancillary symptoms of this disease.

4. Three *thāthu* diarrhoea

Internal fever, external chill, hiccough, vomiting, cough and dyspnoea (heavy breathing) will be present. Faeces will be passed out noisily with blood and mucus. Excess sleep, body pain and unconsciousness are the other symptoms.

5. Fever diarrhoea

This comes as an associated disease to fever. In some specific types of fever like typhoid and typhus, diarrhoea will be a major symptom. The signs and symptoms of fever with diarrhoea are discussed in the chapter on fever.

6. Diarrhoea due to *thōdam* (vision of birds)

This disease mainly occurs in children. It occurs due to bad sight of birds at children. Diarrhoea will be the main symptom.

7. Psychic diarrhoea

Due to excessive worry and fear, the life forces (*uyir thāthu*) will get changed from their normal condition. And so diarrhoea will occur. In this type, after finding out the abnormality of life forces, treatment should be given according to the abnormality and by this method diarrhoea will be cured.

8. Bloody diarrrhoea

Excessive intake of sour and pungent food substances, prolonged or high dosage medication with medicines of mercury and arsenic origin, or intake of ulcerating medicines made from abrus precatoris, picrorhiza kurroa, semicarpus anacadium and dried exudates of aloe barbadensis, or their high dosage will produce ulcer or inflammation in the intestine and cause this diarrhoea with blood. Apart from this, along with blood, pus and mucous will also be passed out. Sometimes, without any faeces, frank blood alone will also be passed out. This condition is called haematochezia.

Signs and symptoms

Excessive salivation in mouth, nausea, stomach pain and rumbling noise in the stomach are the signs and symptoms present in this disease. Distension of the lower abdomen with noise and pain and frequent loose motion of undigested materials are the other signs and symptoms. After this, diarrhoea would be more frequent and increased in nature as days prolonged. The strength of the body will be very much on the decline. It will be very weak and dehydrated. The strength of the blood will decrease and anaemia will occur. There will be pitting oedema in the lower extremities. The patient will be very much dispirited and suffer from mental depression and fatigue. There will be chillness on both the upper and lower extremities. If not treated properly, cramps will occur and the pulse will become very feeble. Anuria will be present and death may occur. Consciousness will be there till death.

Incurable conditions

When the faeces are in excess and resemble meat-washed liquid, and if they are high-coloured as that of honey, the disease is incurable. If hiccough, purulent sputum, swelling, and sweating occur during diarrhoea, the disease cannot be cured.

If the disease occurs in pregnant women or in women after childbirth, the treatment will not be effective. When the food ingested is not digested properly or if it is not absorbed properly or if the gas in the intestine is increased and gives a lot of pain or if diarrhoea is increased very much, it will become

incurable. If diarrhoea occurs in cases of venereal diseases, *vātha* pain, diabetes, peptic ulcer, tuberculosis, delirium, jaundice, anaemia, oedema, *kaba* diseases, intestinal disorder and disease of piercing pain (*sūlai*), it will be incurable.

Treatment

Due to diet and other factors, the life force *vātha* or *vātha pittha* gets deranged and increased in its normal position and it stimulates the upward gas (*uthānan*). Because of this, indigestion, excess salivation, hiccough and eructation occur. By the same reason, the downward gas (*abānan*) is stimulated and so abnormal intestinal peristaltic movements, accumulation of gas, rumbling noise in the stomach, and diarrhoea occur. Because of this illness, the *rasa thāthu* (absorbable digested food material) and the blood tissue get affected and so the strength of the whole blood is reduced. As the blood gets spoiled, anaemia occurs and so there will be oedema in both upper and lower extremities. The urine will be yellowish and reddish in colour. The faeces will be watery and multi-coloured or the faeces may be semi-solid with undigested materials or watery or blood colour.

So in this disease, it is essential to normalize the deranged life forces and gases. It is also necessary to give medicines to stimulate the appetite and to control the diarrhoea. With the help of diet and other factors, if the deranged life forces and gases are normalized, the diarrhoea will be controlled and micturition will also become normal. Then suitable medicines, and diet to improve the blood and body strength may be given.

Decoction

- The outer pericarp of pomegranate fruit, dry ginger – each 20 gm, water 4 litres – Make a decoction of them by reducing the water to 1/8 of its part. Filter and consume the decoction in doses of 200 ml with honey in the morning and evening. Diarrhoea will be controlled.

- Acontinum heterophyllum (*athividayam*)
  Fruit of aegle marmelos (*vilvap pazham*)

Coeus vettiveroides (*iruvēli*)
Cyperus rotandus (*kōrai kizhangu*)

Each 10.4 gm (2 *kazhanjus*) – water 2 litres – Prepare a decoction of them by reducing the water to 1/8 of its part and filter. Consume it in doses of 300 ml with powder of dry ginger and long pepper in the morning and evening. Diarrhoea and piercing pain due to *vātha* will be cured.

- Cyperus rotandus (*kōrai kizhangu*)
  Rhizome of pontederia vaginalis (*sengazhunīr kizhangu*)
  Saussurea costus (*kōstam*)
  Hemidesmus indicus (*nannāri*)
  Clerodendron seratum (*siruthēkku*)
  Cedrus deodara (*dēvadāram*)
  Lotus (*thāmarai valayam*)
  Dry gingiber officinale (*chukku*)
  Aristolochia bracteata (*pangampālai*)
  Trychyspermum ammi sprague (*ōmam*)

Take 5 gm in each and add one litre of water, boil and reduce it to 1/8 of its part and filter. Consume decoction in doses of 300 ml with a small amount of the powder of aconitum heterophyllum (*athividayam*) in the morning and evening. Diarrhoea with fever will be cured.

Tender fruit of pomegranate (*māthulam pinchu*)
Aconitum heterophyllum (*athividayam*)
Cyperus rotandus (*muthakkāsu*)
Bark of ailanthus triphysa (*perumaram thōl*)
Dry gingiber officinale (*chukku*)
Fruit (fleshy part) of limonia acidissima (*vilānkāy sathai*)

Take 10.4 gm (2 *kazhanjus*) in each – add 2 litres of water. Boil and reduce it to 1/8 of its part and filter. Consume the decoction in doses of 200 ml in the morning and evening. Diarrhoea with fever will be cured.

- For relief of pain around the umbilicus, stool with blood and passage of faeces with pain and with froth, the decoction of long pepper, etc., can be given. Preparation of long pepper, etc., decoction is as follow:
  Piper longum (*thippili*)
  Plumbago zeylanica (*kodivēli*)
  Acorus calamus (*vasambu*)
  Wrightia tinctoria (*vetpālai*)
  Root of doemia extena (*utthāmani vēr*)
  Root of zizyphus jujuba (*ilanthai vēr*)
  Cyperus rotandus (*kōrai kizhangu*)
  Aconitum heterophyllum (*athividayam*)
  Root of piper nigrum (*sevviyam*)
  Picrorhiza kurroa (*kadugurōhini*)
  Pygmaeopremna herbacca (*kandupārangi*)
  Dry gingiber officinale, Piper nigrum, Piper longum (*thirikadugu*)
  Perunkurumbai
  Petioles of neem (*vēppam īrkku*)
  Brassica juncea (*kadugu*)
  Nigella sativa (*karunjīrakam*)
  Phyllanthus amarus (*kīzhkāy nelli*)
  Root of limonia acidissima (*vilā vēr*)
  Femla foetida (*perungāyam*)

Take equal parts in each of the above substances and make a powder of them. Take in the quantity of cat's foot (*verukadi alavu*) and make a decoction. Diarrhoea, flatulence, umbilical pain, and cough will be cured. Appetite will be stimulated.

- Berberis aristata (*maramanjal*)
  Curcuma longa (*manjal*)
  Glycyrrhiza glabra (*athimathuram*)
  Fruit of aegle marmalos (*vetpālai arisi*)

Take 15 gm in each. Add 1 measure of water; boil and reduce it to 1/8 of its part and then filter. Consume 200 ml of the decoction with a small amount of the powder of aconitum heterophyllum in the morning and evening. All types of diarrhoea will be cured.

Powder (*podi*) varieties

Curd dry ginger *chūranam* (*thayir chundi chūranam*)

Give the above in doses of 5 gm (three finger pinch) in hot water in the morning and evening. Indigestion and diarrhoea will be cured.

Powder of dried fruit of solanum torvum (*sundai vatral chūranam*)

The above in doses of 5 gm (*mūviral alavu*– a pinch) with curd of buffalo would cure distention of stomach, indigestion, rumbling noise in the stomach, acute diarrhoea, piles and chronic diarrrhoea.

Curry leaves powder (*anna podi* or *karivēppilai chūranam*)

This powder may be given in doses of 5 gm (*mūviral alavu*) in the morning and evening with rice. It may be given along with honey, or buttermilk, or hot water for indigestion, diarrhoea, eructation, nausea, flatulence, tastelessness, vomiting, cough, regurgitation and loss of appetite. This powder is very effective in treating the disorders of the alimentary system.

***Vatakam* (small round ball-like tablets)**

Taxas baccata, etc. *vatakam* (*thālisāthi vatakam*)

The size of this *vatakam* will be that of the fruit of solanum torvum (*sundaikāy*). One *vatakam* may be powdered and given with honey in the morning and evening. Gas, cough (*kabam*), chronic diarrhoea, vomiting, acute diarrhoea, indigestion and diseases which occur in the sides will be cured.

Cissur quandrangulasis *vatakam* (*pirandai vatakam*)

One tablet (*vatakam*) may be given in the morning and evening. Appetite will be stimulated. Digestion will be proper. Worms will die. Gas disorders and *gunmam* will be cured.

Banana *vatakam* (*vāzhai vatakam*)

In Siddha system of medicine, this is mentioned as a medicine for diarrhoea. In some literatures, it is mentioned as a good medicine for excess bleeding from uterus (*perumbādu*).

Curry leaf *vatakam* (*karivēppilai vatakam*)

If it is consumed in doses of one tablet each in the morning and evening, tastelessness, loss of appetite, diarrhoea and all digestive disorders will be cured.

Tablet types

Valve (*kabāda*) tablet

Doses of one tablet each along with the juice of banana flower in the morning and evening will cure basillary dysentery, anal pain in piles, chronic diarrhoea with blood and various other types of chronic diarrhoea. When it is given with honey in the morning and evening, ordinary diarrhoea will be cured.

***Kattuvāthy* tablet**

This tablet is used to treat diarrhoea in children.

Method of preparation

A hole may be made in the fruit of myristica fragrans (*jāthikkāy*–nutmeg). 200 mgm of papavara somnifere (*abin*) may be inserted into the hole, and the mouth of the hole is closed with the powder of papavara somnifere. Turmeric may be macerated and a paste is made. This paste may be coated over the fruit of myristica fragran for a cover. It may be dried and put into the fire of 1 ¼ cowdung cake. Then it may be taken out and the turmeric cover is removed. The fruit of myristica fragrans along with an equal quantity of dates may be macerated on a stone slab adding mother's milk. Small tablets (*payaralavu*) may be made from the paste and dried. This may be given in doses of one tablet each with honey or mother's milk in the morning and evening for children. Diarrhoea will be cured.

Another method

Fruit of myristica fragrans (*jāthikkāy* - nutmeg)
Fruit of myristica fragrans (*jāthipathiri* -mace)
Aconitum heterophyllum (*athividayam*)
Papavar somnifera (*abin*)

Take 10 gm in each, grind with gingelly oil for 6 hours (2 *jāmam*). Make tablets of 130 mgm (one *kundri*) each and dry them. When given in doses of one tablet each, 2 to 3 times a day along with mother's milk, diarrhoea will be controlled.

Cholera (*ūzhi*) tablet

When it is given in doses of one tablet each with honey or with any other adjuvants, in the morning and evening, cholera, diarrhoea and chronic diarrhoea will be cured.

Calx of five salts (*ainthuppu parpam*)

When it is given in doses of 200 mgm in the morning and evening with proper vehicles (sour buttermilk, or fermented rice water), gastric problems, pain over limbs, pain in the abdomen, orchitis, chronic diarrhoea, indigestion and ascitis will be cured.

Salt *chendūram* (*uppu chendūram*)

When it is given in doses of 100 to 200 mgm in the morning and evening along with ghee or butter, piles, heat diarrhoea, bacillary dysentery, chronic diarrhoea, diarrhoea due to indigestion and cholera will be cured.

Calx of coral (*pavazha parpam*)

When it is given in doses of 50 to 100 mgm with suitable vehicles, cough with expectoration, tuberculosis, and fever will be cured. In Siddha literature it is mentioned as a cure for diarrhoea also. For bacillary dysentery due to heat, this can be given along with lime juice 2 to 3 times a day.

Calx of apple snail (*natthai parpam*)

When it is given in doses of 100 to 200 mgm with suitable vehicles in the morning and evening, piles, anal pain, prolapse of anus and diarrhoea will be cured.

Calx of zinc and coral mix

When it is given in doses of 100 to 200 mgm with proper vehicles in the morning and evening, piles, chornic diarrhoea, bacillary dysentery, diarrhoea due to indigestion, anal pain, and acute diarrhoea will be cured. It helps to improve the sperm.

Cinnabar astringent (*lingatthuvar*) or *padigalinga* (borax cinnabar) *chendūram*

When it is given in doses of 300 to 500 mgm in the morning and evening, bacillary dysentery, diarrhoea with blood and abnormal uterine bleeding (*perumbādu*) will be cured. It can be given along with ghee and butter also. When it is given with honey, diarrhoea will be cured.

Calx of pearl (*mutthu parpam*)

When it is given in doses of 100 mgm in the morning and evening along with leaf juice of aegle marmalos (*vilvam*), diarrhoea will be cured. With suitable vehicles, it can be prescribed for different diseases.

***Chendūram* of ferrus sulphate (*annabēdhi chendūram*)**

When it is given in doses of 100 mgm in the morning and evening with suitable vehicles, fever, bacillary dysentery and anaemia will be cured. When given in honey, diarrhoea will be cured.

Gingiber officinale wax (*inji lēghiyam*)

When it is given in doses of 5 gm in the morning and evening, gas disorders, increase of *pittha*, vomiting, piercing pain, anorexia, eight varieties of gastric disorders and flatulance in abdomen will be cured. In Siddha literatures, it is shown as a cure for diarrhoea also.

Myrristica fragrans wax (*jāthikkāy lēghiyam*-nutmeg)

When it is given in sizes of Indian gooseberry in the morning and evening, hoarseness of voice, burning sensation in the eyes and limbs, oedema, hiccough, tuberculosis, fatigue, body pain, burning sensation of body, loss of weight, lassitude, anorexia, impotency, thirst, flatulance in the stomach, indigestion, piles, painful and seantly micturition, diarrhoea and giddiness will be cured within 40 days.

Alcohol, toddy, etc., fish and cock meat should be avoided.

Method of preparation

Cow's milk
Tender coconut water
Coconut milk
Flower juice of moringa oleifera (*murungaipū*)
— 2 litres in each

Nutmeg
Mace
— myristica fragrans
Gingiber officinale (*chukku*)
Piper longum (*thippili*)
Piper nigrum (*milaku*)
Alpinia officinarum (*sirrarathai*)

Take 15 gm in each. Put them all into a pot, add cow's milk soaking the substances in the pot. Keep them soaked for 6 hours. Take them out and dry in shade. Then they may be fried a little and then powdered.

Cloves, cardamom, trichyspermum ammi sprague, piper cubeba, poppy seed, cymbopogon jwarancusa – take 35 gm in each, fry a little and make a powder of them.

Calx of tortoise shell
Calx of coral
Calx of deer's horn
Calx of gypsum

Calx of milk-green stone (*pāl garuda pacchaikkal parpam*)
Take 35 gm in each.
Palm jaggery 350 gm

Boil milk and tender coconut water in a pot, mix palm jaggery with it and heat. Jaggery treacle (*pāgu*) has to be made. At this time, add all powders and calx as described above to it, and mix well with the help of a thick stick (*thuduppu*). Then add 500 gm of brown jaggery or brown sugar and 500 ml of cow's ghee to it and mix well. Then take the pot away from the fire and allow it to cool. After it is cooled, add 100 ml of good quality honey and mix well. Make balls in the size of Indian gooseberry and store them in a new pot.

When it is taken in doses of one ball each in the morning and evening, the above-said diseases will be cured.

- *Sarabanga vilvāthy lēghiyam*

When it is taken in doses of 5 gm each in the morning and evening, venereal diseases of *pittha* origin, anaemia of *pittha* origin, tuberculosis, gastric disorders, chronic diarrhoea, bitterness in the mouth, white regurgitation, ptyalism, indigestion, piercing pain, burning sensation of limbs and excess *pittha* will be cured within 40 days, Tamarind, bitter substances, smoking and sexual activities should be avoided.

Manappāgu varieties

- *Manappāgu* of aegle marmalos, *manappāgu* of hollarrhena antidysenterica, *manappāgu* of hibiscus rosasinensis – Any one of the above may be given in doses of one or two teaspoons 2 to 3 times a day. All types of diarrhoea will be cured.

- Decoction for diarrhoea and dysentery

Tender fruit of ficus racemosa (*atthi*), tender fruit of coccinia cordifolia (*kōvai*), bark of mango tree, glinus lotoides (*siru seruppadai*) – one handful in each may be taken and made into small pieces. They may be put into a pot. Pour 4 parts of juice of rhizome of banana tree and heat. Reduce the juice to ¼ of its part. When it is consumed in the morning and evening, diarrhoea, dysentery and chronic diarrhoea will be cured.

- *Mūthanda lēghiyam*

When this medicine is consumed in doses of 3 gm in the morning and evening, acute and chronic diarrhoea, dysentery and loss of sperm will be cured. Appetite will be good. Orchitis will be cured.

Method of preparation

Dry ginger, piper nigrum, piper longum, cinnamon bark, piper cubeba, glycyrrhiza glabra, anacyclus pyrethrum, purified cannabis sativum – take 35 gm in each. Take 500 gm of honey and 200 gm of cow's ghee. Heat the honey a little. Mix all the powders of the above and sprinkle them over honey and mix well adding ghee. Store it in a jar. When given in the above-mentioned dose, all disease as stated above will be cured. Venereal diseases and gas disorders will also be cured. Body will be strengthened. Give rice with milk. No restriction is needed for healthy individuals.

- **Wax of clearing nut (*thāndrikāy lēghiyam*)**

When this medicine is given in doses of 3 to 5 gm in the morning and evening, acute and chronic diarrhoea, diarrhoea with blood, gas disorders, flatulance in stomach, and bacillary dysentery will be cured.

Method of preparation

Take 1 kilo of the outer pericarp of clearing nut in a pot and add 4 litres of water. Keep it for a night to get the nuts soaked well in water.

The next morning, boil it, reduce the water to 1/8 of its part and filter it. Pour the decoction into another pot meant for *lēghiyam* preparation. Add 500 gm of white sugar in the decoction and heat it to get sugar treacle (*pāgu*). Aconitum heterophyllum (*athividayam*), nutmeg (*jāthikkāy*), purified cannabis sativum (*kanja*) and papaver somnifera (*abin*) – each 10 gm may be taken and powdered. This powder may be added to the sugar paste in the pot and mixed well. Then add 200 ml of cow's ghee to it and mix. Allow it to cool and then add 100 ml of honey to it. If it is given as stated above, all the above diseases will be cured.

- **Powder of acorus calamus (*vasambu chūranam*)**

When this medicine is given in doses of 250 mgm to 350 mgm (one *chitikai* to 4 or 5 *chittikai*) each with mother's milk in the morning and evening, wheezing due to coldness, *kaba* diseases, indigestion, vomiting, rumbling noise in the stomach and diarrhoea will be cured. Lactating mothers should avoid sour and pungent food.

Method of preparation

Dry ginger (*chukku*)
Pepper (*milagu*)
Long pepper (*thippili*)
Cumin seeds (*sīrakam*)
Black cumin seeds (*karunjīrakam*)
Rock salt (*induppu*)
Asafotida (*perunkāyam*)
Bishop's weed (*ōmam*)

Fry all to a golden colour , pound them and filter through a linen; take 10 gm in each of the powder. Charred acorus calamus (*vasambu*) of a quantity of 700 gm may be taken. All the powders may be put into a *kalvam* and ground well in order to get them all mixed properly. Store it in a bottle. Use it as stated above.

- **Salt of cissus quadrangulasis (*pirandai*)**

When this medicine is given in doses of 100 to 200 mgm in the morning and evening with hot water and sour buttermilk, indigestion, diarrhoea, and loss of appetite will also be cured. Indigestion and milky diarrhoea in children will also be cured.

Method of preparation

Take the creeper of cissus quadrangulasis, remove the nodes and cut it into small pieces. Pound it and squeeze it to get juice. Get juice in a quantity of ½ measure. Put it into a pot and add 500 gm of common salt to it. Boil it till all the water gets evaporated. Remove it from the fire and close the pot with a

lid and cover the joint with mud-applied linen. Dry it and put it in *putam* fire (calcination) with 50 cowdung cakes. Salt will be obtained in the pot. This may be stored well. Use it as stated above.

- Powder of outer pericarp of pomegranate (*māthulai ōdu chūranam*)

When this medicine is given in doses of 5 gm (*mūviral alavu*) in the morning with hot water, diarrhoea due to fever will be cured. If it is given along with buffalo curd, all other types of diarrhoea will be cured.

Method of preparation

The pericarp of pomegranate fruit may be dried in shade and powdered. Take the following:

Dry ginger *(chukku)*
Piper nigrum *(milagu)*
Piper longum *(thippili)*
Root of long pepper *(thippili mūlam)*
Cumin seeds *(nal sīragam)*
Black cumin seeds (*karunjīrakam*)
Embelica ribes (*vāy vidangam)*
Trachyspermum ammi sprague (*ōmam*)
Nutmeg (*jāthikkāy*)
Mace (*jāthipathiri*)
Hyocyamus niger (*kurōsāni ōmam*)
Seeds of phyllanthus emblica (*nelli paruppu*)
Dry pericarp of aegle marmelos (*vilvakkudukkai*)
Pericarp of terminalia bellerica (*thāndrikāy thōl*)
Purified powder of cannabis sativum (*kanja virai*)
Papavar somniferm (*abini*)
Cinnamon bark (*ilavangappattai*)
Cardamom (*ēlam*)
Bark of ailanthus triphysa (*perumarathu pattai*)
Outer skin of seeds of tamarind fruit (*puliam vithai thōl*)

Aconitum heterophyllum (*athividayam*)
Seeds of wrightia tinctoria (*vetpālai arisi*)

Powder them separately and take equal quantities of their powders and mix them together in a proper manner and keep it. It can be used as stated before.

- *Pūpathy chendūram*

When this medicine is given in doses of 100 to 200 mgm in the morning and evening with honey, acute and chronic diarrhoea will be cured. When it is given along with decoction of piper nigrum, fever and chill fever will be cured. If it is given along with *thirikaduku chūranam,* venereal diseases and gas disorders will be cured.

Method of preparation

Take purified sulphur 35gm and purified chinnabar 35gm. Powder them both in a mortar and grind them with ginger juice for 6 hours. Dry the material in the mortar itself, and prepare a decoction with the following:

Bark of syzygium cumini (*nāvalpattai*)
Bark of mango tree (*māmpattai*)
Bark of ficus racemosa (*atthippattai*)
Bark of terminalia arjuna (*maruthampattai*)

Take 35gm in each.

Take the bark of ficus gibbosa (*itthi pattai*) 35 gm (1 *palam*) and clove 35 gm. Pound them all and put them into a mud pot. Pour 4 measures of water, boil, and reduce it to 1/8 of its part and filter. This decoction may be added to the above medicine in the mortar and ground for 3 hours. Remove the paste from the mortar and put it into a mud pot and pour the remaining decoction in the pot. Put it on a stove and heat with slow fire. After all the water content is dried out, put the pot in the sun and dry further. After it is well dried, it may be powdered and stored in a bottle. It can be used as stated before.

- **Red chilli wax (capsicum annum – *milagāy mezhugu*)**

When this medicine is given in the size of bengalgram in the morning and evening with jaggery, diarrhoea due to indigestion, ordinary diarrhoea, cholera, and distention of stomach will be cured.

Method of preparation

Take a good variety (full of seeds) of red chillies, remove the petioles and fry them adding honey until the colour of the chillies is changed to black. Then grind the chillies in a mortar adding honey till it gets the wax form. This wax may be stored properly. It may be used as stated before. For cholera it is a preferred medicine.

- ***Kattuvāthi lēghiyam***

When this medicine is consumed in the size of solanum torvum (*sundaikkāy*) in the morning alone for 3 days, dysentery, indigestion and loss of appetite will be cured.

Method of preparation

Take the following ingredients and make a powder of them:

Aconitum heterophyllum (*sīmai athividayam*)
Flower of terminalia chebula (*kadukkāy pū*)
Quescus infectoria (*māsikkāy*)
Pericarp of pomegranate (*māthulai thōl*)
Nutmeg (*jāthikkāy*)
Cinnamon bark (*ilavangapattai*)
Fruit of papaver somnifera (*kasakasa*–posthakkoi)
Inner portion of the seed of mango (*māngottai paruppu*)
Skin of tamarind seed (*puliankottai thōl*)

Each 150 gm.

Papaver somnifera (*abini*)
Bilestone of ox (*kōrōsanai*)

Each 2 gm.

Good quality jiggery (*nalla vellam*) 150 gm
Ghee 35 gm

Put ghee into a pot and add jaggery to the ghee, heat it and make it a treacle (*pāgu*). At this stage, the powders of all the above may be added little by little and mixed in a proper way. Honey is not added here. Use this as stated before.

- Garlic mix (*vellai pūndu kalavai*)

Pour tender coconut water into a pot. A suitable quantity of skin- peeled garlic may be put into the tender coconut water and heated. After the garlic is well cooked, it may be mashed in tender coconut water itself so as to get it mixed in it very well. When this mix is consumed, piles, hiccough and acute and chronic diarrhoea will be cured.

Diet restrictions

When diarrhoea is severe, twice-cooked rice and water alone should be given. Barley water may also be given. After the severity of the illness is reduced, the quantity of food may be increased. Buttermilk may be given along with twice-boiled rice. If this diet is properly digested, the diet may be increased and in vegetables, tender ficus fruits (*atthi pinchu*) and tender dolichos lablab (*avarai pinchu*) may be given.

- *Lēghiyam* of trachyspermum ammi sprague (*ōmam lēghiyam*)

When this medicine is given in doses of 5 to 10 gm in the morning and evening, acute and chronic diarrhoea and flatulance will be cured. If iron *chendūram* or cinnabar *kattu chendūram* is given along with this, all the digestive problems will be solved.

- Curative drugs of diarrhoea

Cissampelos pareira (*vatta thiruppi*)
Seeds of writia tinctoria (*vetpālai arisi*)
Inner portion in the seed of mango (*māmparuppu*)
Bark of mango tree (*māmpattai*)
Dried gingiber offcinale (*varalchundi*)
Seeds of tamarind fruit (*puli vitthu*)

Root of tamarind tree (*puli vēr*)
Outer skin of tamarind fruit (*puli purani*)
Curcuma zedoria (*varat pūla*)
Unripe fruit of pomegranate (*māthulai kāy*)
Tender unripe fruit of aegle marmelos (*vilva ilangāy*)
Unripe fruit of disopyros embryopteria (*thumpi kāy*)
Banana flower (*vāzhai pū*)
Coconut flower (*thennai pū*)
Clove (*ilavanga pū*)
Flower of dhathaki (*kāttāthi pū*)
Seed of caesalpina bonduc (*kazharchi vithai*)
Curcuma zedoric (*nīr pūlā*)
Seeds of hygrophilla auriculata (*nīrmulli vithai*)
Veltiveria zizaniodes (*vettivēr*)
Holarrhena antidysenterica (*kudasappālai pattai*)
Nutmeg (*jathikkāy*)
Leaves of mimosa cinerea (*vidathērilai*)
Bark of pterocarpus marsupium (*vēngai pattai*)
Fried paddy (*nerpori*)
Broyonia laciniosa (*anjilai*)
Tender leaves of vitex negundo (*nochithulir*)
Seeds of erucostemma axillare (*vellarugu vithai*)
Cumin seeds (*sīragam*)
Phoenix dactylifera (*pērīchu*)
Piper longum (*thippili*)
Symplocos racemosa (*vellilōthiram*)
Disopyrosmelanoxylon (*karunkāli*)
Bark of syzygium cumini (*nāval pattai*)
Tender leaves of syzygium cumini (*nāval thulir*)
Terminalia chebula (*kadukkāy*)
Tragia involucrate (*sirukānjori*)
Bark of ailanthus triphysa (*perumarathu patttai*)
Dry ginger (*chukku*)

Gum of ceiba pentandra (*ilavampisin*)
Milk (*pāl*)
Gingelly oil (*nallennei*)
Pearl (*mutthu*)
Trachyspermum ammi sprague (*ōmam*)
Bark of barringtonia racemosa (*kadappampattai*)
Phyllanthus amarus (*kīzhkkāy nelli*)
Bark of wrightia tinctoria (*vetpālai pattai*)
Shorrea robusta (*venkungiliyam*)
Cannabis indica (*sadaikkanja*)
Bark of cassia auriculata (*āvārai pattai*)
Ghee (*nei*)
Honey (*thēn*)
Cow's curd (*pasunthayir*)
Aconitum heterophyllam (*athividayam*)
Excoecaria agallocha (*thillai*–blinding tree)
Curd of goat (*vellāttu thayir*)

All the above are used as anti-diarrhoea drugs by Siddha practitioners.

Diet for diarrhoea

When the diarrhoea is more severe, twice- boiled rice and water can be given. Barley water, arrowroot gruel and gruel of fried paddy can also be given. When the severity of the disease is reduced, the quantity of diet may be increased slowly and buttermilk with twice-boiled rice may be given. When this is digested properly, food may be increased.

Tender unripe banana fruit, tender ficus fruit (*atthippinchu*), (the meat of) house sparrow, quail, monitor lizard and Indian patridge may be taken. Here is the *Pathārtha Guna Chinthamani* verse in this regard:

mānē vayiru kalivārkku
vāzhaikkaccal atthikkāy
kānē thiriyum ūrkkuruvi
kātai utumpu kavuthāri
thānē yākum . . . .

Leaves of chowlee bean (vigna catiang – *kārāmani*), leaves of wild cucubita maxima (*kāttu parangiyilai*), leaves of dollchos tetraspermus (*perumpayatru ilai*), leaves of sesbania grandiflora (*agatthi kīrai*), brinjal and fish should be avoided:

kārāmanikkīrai kāttupparangiyilai
pērām perumpayirrin pērilaikal-cīrār
akatthiyarun katthirikkāy āyizhaiyē mīnkal
pakaitthathika pēthiyākum pār.

11

Dysentery

Introduction

Muscle diarrhoea, multicoloured diarrhoea, deadly diarrhoea, odorous diarrhoea and chronic diarrhoea are the synonyms of this disease.

Due to loss of appetite, the ingested food is not properly digested and it gets putrefied in the stomach. Because of this, uninterrupted diarrhoea occurs. Since the diarrhoea is not able to be controlled and is persistent, ulceration occurs in the intestine and so mucus is passed out along with faeces. So it is called mucus diarrhoea. Since the muscle tissues of the intestine become rotten and are passed out with faeces with rotten meat smell, it is called odorous diarrhoea. Since muscle and blood are passed out with faeccal matter with different colours, this is called multicoloured diarrhoea. This type of frequent passage of stool or dysentery persists for a longer duration. In this type, because of indigestion and loss of appetite in the stomach, apart from non-absorption of nutrients from the intestines, the undigested materials get stocked in the lower part of the intestine, get putrefied and it is passed out as large stool every time. This type of stool will be sometimes constipated, sometimes heavily fluid, multicoloured, and odorous.

Aetiology

If loss of appetite is not cured with proper diet and medicine, the ingested food will not give proper nutrition to the body and will affect the life forces increasing them from their normal condition. Occurrence of dysentery

by this way is one type. When ordinary diarrhoea occurs, if it is not cured properly, the intestine gets ulcerated and so dysentery results. This is another type. Apart from this, stomach disturbances like indigestion, tastelessness, excess intake of indigestible starchy foods, improperly cooked foods, stagnant water and limestone water also cause this disease. Because of the above factors, the appetite gets spoiled, the ingested food is not digested properly, stocked and putrefied; it ulcerates the intestine and causes this disease.

This disease occurs because of some psychological factors also. Evil deeds done in previous births, stopping of holy prayers performed by Siva devotees, preventing of various submissions to God, and eating food alone while the near and dear are starving are some psychological factors which cause this disease.

Frequent intake of laxative drugs without getting the opinion of the physician is also a cause of this disease. Some types of medicines given for other ailments may also cause this disease. The medicines which are prescribed for various types of stomach disorders (*gunmam*) and heart diseases, anti-cholesterol drugs, drugs recommended for mental illness and radioactive medicines used for cancer will cause this disease.

Apart from these, dysentery will also occur under the following conditions: Intestinal tuberculosis, typhoid, diseases of villi and lymp glands in the intestine, loss of peristaltic movements in the intestine, loss of blood circulation in the intestine, inflammation of stomach and intestine, cancer of stomach and small and large intestine, haematic tumours seen in large intestine and changes in the blood vessels of the intestine will cause this disease. By heredity also this disease occurs in some individuals.

This disease also afflicts those who consume improperly prepared medicines of mercury and sulphur. It also affects those who take this medicine in large quantities without adopting the proper dosage and duration of time.

Premonitory signs and symptoms

Dull feeling in the stomach, feeling of fullness in the stomach even before eating any food, feeling of stagnation of the ingested food in the stomach instead of moving downwards, ptyalism, nausea, colic pain in the

stomach, belching or eructation, hiccough, regurgitation, distension of lower abdomen, rumbling noise, pain and peristaltic movements will be felt as premonitory symptoms.

Classification of the disease

There are 2 schools of thoughts as regards the classification. Some literatures classify the disease into 9 varieties. Others classify it into eleven varieties. Again, based on derangement of life forces, there are four types. They are: *vātha* dysentery, *pittha* dysentery, *kaba* dysentery and *thirithāthu* dysentery. Based on defective function of gases, 3 types are recognized. They are as follows: When the downward gas (*abānan*) affects the lower part of the intestine, *anthara vāyu* dysentery and *mūla vāyu* dysentery occur. When the *pittha* and gas join, *ushna vāyu* dysentery occurs. The other two types are: dysentery occurring due to gastric disorders (*gunmam*) and dysentery which occurs after giving birth to a child. They are called *gunma* dysentery and *karpa* dysentery respectively.

In the other school of thought, 2 more types are added. They are *ottuvāy* dysentery and *sangara* dysentery. In *ottuvāy* dysentery, the faeces will not be sticky in the passage. In *sangara* dysentery, there will be severe pain at the time of passing motion. These ll types of dysentery are:

1. *Vātha* dysentery (*vātha ninakkazhichal*)

There will be pain and a feeling of severe appetite in the centre of the abdomen. Body will be emaciated. Mucus stools will be passed out. As gas is also passed during defaecation, the stools will be scattered away. The solid stool will be dark-coloured resembling old jaggery paste.

2. *Pittha* dysentery (*pittha ninakkazhichal*)

In this type, there will be unbearable pain in the middle of the stomach. Multicoloured stools will be passed out. Sleep will be in excess. Nervous debility will be there. Mucus and dead tissues of intestine will be passed out in faeces. The medicine given will become useless in this stage. Sometimes patients will be in an unconscious state. Lice will come out from the head.

3. *Kaba* dysentery (*kaba ninakkazhichal*)

There will be heat and burning sensation in the anus while passing motion. The stools will be white in colour and with strong odour. Legs and hands will become weak. There will be internal temperature which cannot be felt outside. Both the eyes will be reddish. Nose and tongue will be dry. The inner layer of the intestine will tear away from the intestine like the unskinning of snake and come out with faeces. Nutrition of the body and consciousness will be reduced. Severe hiccough will occur.

4. *Thrithāthu* dysentery (*muthāthu ninakkazhichal*)

In this disease, there will be high temperature. Here the passage of stools will be very noisy like the noise of the sea. There will also be cold, headache, and shivering. The stools will be milk-like. Lots of gas will also be expelled. Body heat and burning sensation will be felt. Dorsal foot and the limbs will be oedematous.

5. Heat gas dysentery (*ushna vāyu ninakkazhichal*)

In this disease, downward gas (*abānan*) and *pittha* will be increased beyond normal state. So the faeces will look like being burnt. As the downward gas gets increased in this condition, distention of abdomen occurs due to the accumulation of gas in the abdomen and flatulence occurs. With this, indigestion, regurgitation and ptyalism occur. The strength of body is reduced, body will become emaciated and blackish discolouration of the body is seen. After three days of occurrence of these symptoms, the frequency of passing of faeces will become uncountable.

6. Intestine gas dysentery (*anthara vāyu ninakkazhichal)*

In this disease, the upward gas (*uthānan*) increases from its normal condition and produces indigestion. It prevents the food from moving down–wards, and makes it putrefied in the stomach itself. Because of this, sour taste eructation, vomiting, tastelessness, pain in the sides of the chest, thirst and hiccough occur. After this, downward movement is stimulated and so uncontrolled dysentery occurs. The body will become emaciated and pallid.

7. Downward gas dysentery (*mūla vāyu ninakkazhichal*)

Though this disease occurs as the downward gas is increased in its normal position, it also affects the lower part of the intestine and the anus. This increased downward gas stays in the lower intestine, spoils the appetite and produces indigestion. The undigested food and gas produce a rumbling noise in the stomach, cause pain in lower thigh and produce prolapse of the rectum. An aged look marks the body.

8. Gastric dysentery (*gunma ninakkazhichal*)

This disease occurs in those who are in a debilitated condition due to prolonged suffering of gastric disturbances. In this disease, there will be aphasia, loss of brightness of eyes, accumulation of excreta from eyes, sweating and heaviness in head, excess sleep, tremors of head, burning sensation in the body, flatulence, rumbling noise in the stomach and passing of loose motion with pain in one side of the body.

9. Dysentery in pregnancy (*karpa ninakkazhichal*)

This disease occurs in women who are in the early stage of pregnancy. Vomiting and noisy diarrhoea occur in this stage. In some women this may occur a few days after delivery. Here multicoloured and painful passage of motion will be seen. Frequent fatigue, yellow discolouration of eyes, pallor of the body, burning sensation in the extremities, heavy breathing and vomiting will be the other persistent symptoms.

10. Sticky dysentery (*ottu ninakkazhichal*)

In this disease, the patient will feel at ease more on bed. Emaciation, severe gastric pain, pain in chest, sides and back will be felt. Faeces will be passed very frequently in coin size and quantity. It will not be possible to defecate the total mass of stool at one time. There will be stretching and circumscribed pain in the umbilicus.

11. Burning dysentery (*sangara ninakkazhichal*)

In this disease, there will be indigestion and flatulence in the stomach. Due to heat, the downward gas gets increased and so loose motion occurs with a rumbling noise in the stomach. It will be always wet in the anus. There will be small beads of sweating on the body. Fever, vomiting, mental anguish, accumulation of sputum in the chest, syncope, and sunken eyes with some darkness are the other symptoms.

Curable and incurable varieties

Vātha dysentery, *pittha* dysentery, heat gas dysentery, intestine gas dysentery, downward gas dysentery, sticky dysentery and dysentery in pregnancy will be curable. The other types of dysentery will not be curable.

General signs and symptoms of the disease

In a majority of cases, this disease occurs due to indigestion of food and other varied activities. It will be persistent and uncontrollable by medicines. Even after long durations of illness, the disease will refuse to go. Because of this, body will become very weak and disturbed. Sometimes, this disease occurs in aged people also when their digestive power and functional ability of the intestine get reduced. Piles due to heat and ulcer in the anal cavity may also cause this disease. Apart from this, it may occur as an associated disease of fever, diarrhoea, tuberculosis, anaemia, liver disease and ascitis.

In this disease, anorexia, indigestion of ingested food, eructation with sour taste, hiccough, flatulence due to accumulation of gas in lower abdomen, rumbling noise, pain in the abdominal area, frequent loose motion, variable coloured stools each time, and sometimes with unbearable odour are the important signs and symptoms.

In dysentery with pus, the *vātha* pulse will be increased from its normal movement. The passage of stools is very frequent and multicoloured. Damaged inner membranous layer of the intestine will also be passed out with faeces as mucus. Urine will be scanty, reddish and is passed with a burning sensation.

Treatment

In this disease, due to diet and other factors, the stamina and strength of the body is decreased and the life force *pittha* gets deranged. Because of this, indigestion occurs. The undigested food in the stomach gets stagnated and putrefied and so the upward gas, downward gas, the middle gas and the spreading gas get stimulated and also the life force *pittha* gets deranged.

The affected upward gas produces symptoms like sour eructation, vomiting, hiccough, thirst and salivation. The affected downward gas produces symptoms like distention of abdomen, peristalsis, pain and diarrhoea. The affected spreading gas prevents the supply of digested food material (chyle) from the intestine to the different parts of the body, spoils the nutrition of tissues and thereby weakens the strength of the body. So pallor on the body and oedema of extremities occur. Since the middle gas gets spoiled, it cannot help or control the other gases.

If the signs and symptoms said above are present without being removed for a very long time, the other life forces, either one or two may join with the affected life force and because of this, suffering will be more and sometimes death may occur.

So the doctor should at first try to set right all the affected life forces and gases. Diet and medicines for stoppage of diarrhoea, for stimulation of appetite and improvement of digestion should be given. Apart from this, medicines and diet should be given for strengthening of the blood and its colour. Medicines with respect to other symptoms should also be given step by step. Diet should also be prescribed according to the condition of the signs and symptoms.

Decoction varieties

- Petioles of neem and curry leaves, cumin seeds, dry ginger, bishop's weed (*ōmam*) –

Take equal quantities of these ingredients and prepare a decoction as per procedure. Both ameobic and bacillary dysentery and burning sensation in the anus will be cured.

- Barks of sterculia foetida (poon tree – *pināripattai*), nutmeg, mesua ferrca (*sirunāgapū*), cyperus rotandus (*kōrai kizhangu*), dry ginger, and long pepper

Take 35 gm (1 *palam*) in each and prepare a decoction as per procedure. If it is given in doses of 85 ml (1/2 *āzhākku*) in the morning and evening, dysentery will be cured.

- **Tender fruit of hibiscus rosa sinancis (*semparuthi pinchu*), tender fruit of phyla nodiflora (*poduthalai pinchu*), trachy spermum ammi sprague (*ōmam*), outer skin of tamarind seed, bark of cinnamomum verum (*ilavangappattai*) –**

Take 35 gm in each, add 2 measures of water, boil, reduce it to ¼ of a measure and filter. Take in doses of 85 ml (1/2 *āzhākku*) in the morning and evening with a little quantity of the powder of quercus infectoria (*māsikkāy*). Dysentery will be cured.

- Pericarp of the fruit of aegle marmelos (*vilva pazhathōdu*), pericarp of the fruit of limonia acidissima (*vilā ōdu*), bark of lannea coromandelica (*othiampattai*), bark of ficus racemosa (*atthipattai*), seeds of syzygium cumin (*nāval kottai*), stick lac (*kombarakku*), nutmeg (*jāthikkāy*), mace (*jāthipathiri*), aconitum hetero phylum (*athivitayam*), flower of mesua ferrea (*sirunāgappū*), root bark of hedyotis puberula (*imbūral vērpattai*) –

Take 35 gm in each, add 2 measures of water, boil, reduce it to ¼ of a measure and filter. If it is consumed in doses of 85 ml (1/2 *āzhākku*) in the morning and evening along with 100 mg (2 *chittikai*) of the powder of red ochre (*kāvikkal*), dysentery will go.

- Leaves of morinda pubescens (*nunā ilai*), leaves of phyla nodiflora (*poduthalai ilai*) –

Take one handful of each and cut them into small pieces and put them into a mud pot. Add some quantity of honey and fry it. Then add 2 measures of water to it.

Then take the bark of banyan tree (*ālampattai*), garlic (*vellulli*), cumin seeds (*nal sīrakam*), pepper (*milagu*), bark of cinnamomum (*ilavanga pattai*), and hyoscyamus niger (*kurōsāni ōmam*) – each 17. 5 gm (1/2 *palam*). Powder them and put them into the decoction pot. Boil, reduce to ¼ of a measure and filter. Consume it in doses of 85 ml (1/2 *āzhākku*) with 50 mgm (1 *chittikai*) of powdered asafoetida in the morning and evening. Gas dysentery which occurs due to heat will be cured.

- Phyllanthus emblica (*nellimulli*), aconitum heterophyllam (*athividayam*), tender fruit of aegle marmelos (*kūvilampinchu*), cyperus rotandus (*kōrai kizhangu*), flower of mesua ferrea (*sirunāgappū*), tender fruit of pomegranate, petioles of moringa oleifera (*murungai īrkku*), petioles of neem leaves (*vēppīrkku*), tender leaves of syzygium cumini (*nāval kozhunthu*) –

Take 70 gm in each, pound them and put them into a mud pot. Add 2 measures of water, boil and reduce it to 1/8 of its part and filter. Consume 85 ml (1/2 *āzhākku*) of the decoction along with 100 mgm powders of flower and tender fruit of terminalia chebula (*kadukkāy pū* and *kadukkāy pinchu*) in the morning and evening. Gastric dysentery will be cured.

- Dry ginger, pepper, long pepper, aconitum hetero phylum (*athividayam*), flower of mesua ferrea (*sirunāgapū*), cinnamon bark (*ilavangappattai*), nutmeg (*jāthikkāy*), mace (*jāthipathiri*), trachyspermum ammi sprague (*ōmam*) - each 35 gm. Well–dried cissus quadrangularis (*pirandai*) 12.5 gm. Dry fruit of solanum torvum (*sundai vatral*) and asafoetida – each 17.5 gm.

Pound then all and put them into a mud pot. Add 2 measures of water, boil, reduce it 1/8 of its part and filter. Consume 85 ml (1/2 *āzhākku*) with 50 mgm of rock salt (*induppu*) in the morning and evening. Dysentery due to gastric problems will be cured.

- Take green cissus quadrangularis (*pirandai*), curry leaves, coriander leaves, leaves of fenugreek in equal quantities. Take juice from the above, add 85 ml of buffalo buttermilk to it and mix. Consume 85 ml of this mix along with 50 mgm of powdered asafoetida in the morning and evening. Dysentery will be cured.

- Root bark of plumbago zeylanica (*chitthiramūla vērpattai*), dry ginger, pepper, long pepper, acontinum heterophyllum (*athividayam*), foenicullum vulgare (*sōmpu*), bark of ailanthus triphysa (*perumarappattai*), asafoetida (*perungāyam*), garlic (*vellai pūndu*)–

Take 35 gm in each, add 2 measures of water, boil, dry to 1/8 of its part and filter. Consume it in doses of 85 gm with 100 mgm of the powder of *kambi uppu* (a superior kind of salt petre in bars or pieces) twice or thrice a day. Dysentery in pregnancy will be cured.

Varieties of wax

- Cholera wax (*ūzhi mezhugu*)

When this medicine is given in doses of 65 mgm (of the size of a blackgram grain) in the morning and evening with palm jaggery or honey, cholera, dysentery, *vātha* diseases and delirium will be cured.

Method of preparation

Purified chinnabar (*lingam*), mercury (*rasam*), mercuric chloride (*vīram*), camphor (*sūdam*), styras benzoin (*sāmphirāni*) – take equal quantities of each, powder them individually and then mix them together. Grind them in a mortar adding honey. When it comes to the consistency of wax, collect it and store it properly. This medicine can be used as stated before.

- **Nutmeg wax (*jāthikkāy mezhugu*)**

When this medicine is given in doses of 130 mgm (one seed of crab's eye) in the morning and evening with honey, all types of diarrhoea and dysentery will be cured.

- **Chinnabar wax (*linga mezhugu*)**

If this medicine is given in doses of 130 to 260 mgm in the morning and evening with honey, all types of diarrhoea and dysentery will be cured. The vehicles for the medicine may be selected according to the disease.

Method of preparation

Purified chinnabar (*lingam*), cannabis sativa (*kanja*), papavaine soururfera (*abin*)–Take 17.5 gm (1/2 *palam*) in each and grind them in a mortar to a very fine ointment form. Take nutmeg (*jathikkāy*), mace (*jāthipathiri*), aconitum hetero phylum (*athividayam*), mesua ferrea (*sirunāgappū*), mesocarp of the fruit of aegle marmelos (*vilvappazha sathai*), resin of ceiba pentandra (*ilavampisin*), seeds of datura alba (*ūmathai vithai*) – each 8.75 gm (1/4 *palam*) and powder them in a mortar. Grind them adding banana flower juice until it comes to a wax form. Take a sour unripe pomegranate and make a hole into it. Insert the wax above into the hole and close the mouth and seal it with buffalo dung- applied linen. Put it into calcination process. Then remove it from fire, cool it and remove the burnt seal. The inserted medicine with pomegranate may be mashed on a stone slab to a wax form. Again, it should be ground in the mortar for three days by adding supernatant fluid of buffalo butter. Collect it in a wax form and store it in a bottle. It can be used as described before.

White and red calcined powders (*parpam* and *chendūram*)

- **Calx of zinc (*nāga parpam*)**

If 130 mgm (wt. of one seed of crab's eye) to 260 mgm is given in the morning and evening with honey or ghee or butter or with any other suitable vehicle, all types of loose motion will be cured. Apart from this, piles, fistula, gonorrhoea, syphilis and impotency will be cured.

- **Calx of pearl (*mutthu parpam*)**

65 mgm to 130 mgm (1/2 to 1 *arisi* weight) may be given in the morning and evening with suitable vehicles. Bone fever (*atthi suaram*), oedema (*sōbai*), tastelessness, debilitated condition of the body, eye disease, excess formation

of the *pittha* life force, bites of less poisonous beings, tuberculosis, bronchitis, loss of sperm, evening blindness, excess heat in body, convulsions, anorectal internal fever, vomiting, cough, asthma, hypertension and heart disease will be cured. It is better if this medicine is given along with cow's butter or ghee. If red and white calcined powders, which have the action of arresting the loose motion, can be added to calx of pearl and given to diarrhoea patients, diarrhoea will be cured easily and the body will be strengthened.

- Calx of coral (*pavala parpam*)

This medicine can be given in doses of 65 to 130 mgm in the morning and evening with suitable vehicles. Cough with expectoration, tuberculosis, hiccough, fever, and dyspnoea will be cured. When this medicine is given along with lime juice, both amoebic and basillary dysentery will be cured.

- Red calcined powder of ferrus sulphate (*annabēdhi chendūram*)

This medicine can be given in doses of 130 mgm in the morning and evening with suitable vehicles. Fever, mucus diarrhoea and anaemia will be cured. For all types of diarrhoea, this medicine may be added with all other medicines of anti-diarrhoeal action and given with honey in the morning and evening.

- Calx of snail (*natthai parpam*)

This medicine can be given in doses of 130 mgm to 260 mgm in the morning and evening along with suitable vehicles. Diarrhoea of all types will be cured. Besides, rectal disorders, prolapse of the rectum and pain in anus will be cured.

Apart from the above, many other medicines have also been prescribed for dysentery in various Siddha literatures. They are as follows:

- *Sowbākya chundi* (ginger for good health)

A three–finger pinch (*mūviral alavu*) in the morning and evening with buttermilk, or fermented rice water or hot water will cure dysentery, diarrhoea due to indigestion, stomach pain, flatulence, gas due to *pittha* life force, vomiting and hiccough.

Method of preparation

Take 8 pieces of dry ginger and remove the outer skin. Cut them into small pieces. Soak them individually in juices (each ¼ measure) of amaranthus spinous red variety (*semmulli chāru*), fumaria parviflora – red variety (*senthira chāru*), leaves of moringa oleifera (*murungai ilai chāru*), eclipta alba (*karisālai chāru*), and glinus lotoides (*siru cheruppadai chāru*). Soaking should be done in the above-said juices one after the other. After this, they may be dried and powdered. Take illicium verum (*thakkōlam*), celastrus paniculatus (*vāluluvai*), arrowroot, dried latex of aloes (*karia pōlam*), embelia ribes (*vidangam*), terminalia belerica (*thāndrikkāy*), Indian gooseberry (*nellikkāy*), long pepper (*thippili*), root of long pepper (*thippili mūlam*) – each 35 gm. Powder them all and mix them together fully well. This powder can be given as stated before.

- **Salt of cissus quadrangularis (*pirandai uppu*)**

This medicine may be given in doses of 260 mgm to 520 mgm (2 to 4 *kundri*) in the morning and evening with hot water or sour buttermilk. Dysentery will be cured.

- **Salt powder**

When salt powder (260-390 mgm) is given in the juice of bacopa mannieri (*birami* juice), all types of chronic dysentery would be cured.

Method of preparation

Take common salt or its red calcined powder, fried and powdered asafoetida, rock salt (*induppu*), sandvere (*valaiyaluppu*), skin-removed garlic (*vellaippūndu*), powder of dry ginger (*sukku podi*), long pepper (*thippili*) and pepper (*milagu*). Fry them all and powder them. Take alkaline earth salt (*pūnīru*) which is purified 10 times with vinegar, powder of plumbago zeylanica (*chitthira mūlam*), fried and powdered trachyspermum ammi sprague (*ōmam*) – in equal quantities and mix them together. Add this powder to the earlier powder and mix both very well. This mixed powder can be given in doses as said before with bacoba monnieri juice (*brahmi* juice) in the morning and evening. All types of diarrhoea and dysentery will be cured.

- *Mathakaja kandīrava* tablet

This medicine can be given in doses of 1 tablet in the morning and evening with suitable vehicles. Dysentery, gastric pain, diarrhoea and basillary dysentery will be cured.

Method of preparation

Purified aconitum ferox (*karunābi*), dried ginger (*chukku*), pepper (*milagu*), long pepper (*thippili*), purified chinnabar (*lingam*) or solidified chinnabar (red calcined powder can also be added) and aconitum heterophyllum (*athividayam*) - take equal parts of the above ingredients. Fry the ingredients which need to be fried and powder them. Directly powder the other ingredients. Mix them all together. Place the powder in the mortar and grind it adding lime juice. From this paste, make 130 mgm tablets and dry them in shade. It may be consumed in doses of 1 tablet each in the morning and evening with ginger juice or honey. All types of dysentery will be cured.

Another process

Tender fruit of ficus racemosa (*atthippinchu*), tender fruit of coccinia grandis (*kōvai pinchu*), bark of mango tree (*māmpattai*), and glinus lotoides (*siru seruppadai*) – take one handful in each, put them into a mud pot, add 4 parts of juice of rhizhome of banana tree, boil, reduce it to ¼ of its part and filter. If given in suitable doses in the morning and evening, basillary and amoebic dysentery will be cured.

- **Tablet of cannabis sativa, etc. (*kanjāvāthi mātthirai*)**

If it is given in doses of one tablet each in the morning and evening with proper vehicles, dysentery and diarrhoea of all types will be cured.

Method of preparation

Purified powder of cannabis sativa (*kanjā* powder), powder of aconitum ferox (*nābi podi*), red calcined powder of magnet (*kāntha chendūram*), parpaverine sournifera (*abin*) – take the above in equal quantities,

put them into a mortar and grind them adding juice of black datura alba (*karu ūmatthai chāru*). From the paste, make pepper-sized pills or tablets and dry them in shade. This can be taken in doses of 1 tab each in the morning and evening. All types of diarrhoea will be cured.

Another process

Take the gum of limonia acidimissa (*vilāmpisin*), and papaverine somnifera (*abin*) in equal quantities, powder them in a mortar, and grind them adding juice or decoction of leaves of cannabis sativa. From the paste, make greengram-sized tablets and dry them in shade. If it is consumed in doses of 1 tab each in the morning and evening, all types of dysentery will be cured.

- **Tablet of mercury, etc (*sūthāthi mātthirai*)**

If this medicine is consumed in doses of 1 tab each in the morning and evening with proper vehicles, all types dysentery will be cured.

Method of preparation

Purified mercury (or calx mercury), nutmeg (*jāthikkāy*), mace (*jāthipathiri*), purified chinnabar (*lingam* or solidified *lingam* red calcined powder), purified magnet, calx lead (*kārīya parpam*), fried and powdered cumin seed (*sīragam*), powder of trachyspermum ammi sprague (*ōmam*) – take equal quantities of the above and mix them well. Put them into a mortar and grind them with the juice of the leaves of cannabis sativa. From the paste, make pepper-sized tablets and dry them in shade. A dosage of one tablet twice a day with suitable vehicles will cure all types of dysentery.

- **Dysentery-arresting tablet (*kirāni kabāda mātthirai*)**

If this medicine is taken in doses of one tab each in the morning and evening with suitable adjuvants, diarrhoea and dysentery will be cured.

Method of preparation

Take nutmeg (*jāthikkāy*), cloves (*ilavangam*), aconitum heterophyllum (*athividayam*), papaverine somnifera (*abin*), mace (*jāthipathiri*), cinnamon

bark (*ilavangapattai*), cinnamon leaves (*ilavanga patthiri*),and taxus baccata (*thālisam*) in equal quantities and powder them all. Make a hole in a pomegranate and insert all the powder inside the hole and close it. Seal the hole with cowdung and let it dry. Then put it to simple calcination (*lagu putam*). Then take it from the *putam*, cool it, and remove the cowdung seal. Place the pomegranate with the medicine inside into a mortar and grind it by adding the juice or decoction of cannabis sativa. From the paste, make tablets in the size of solanum trilobatum fruit (*thūthulankāy*) and let it dry. This may be used as said before.

- **Calcined powder of iron sulphur (*aya genthi chenthūram*)**

If this medicine is given in doses of 135 mgm with suitable vehicles, dysentery, loss of appetite, sour eructations, internal piles, anaemia, scabies, inflammatory swellings and unknown bites will be cured.

Method of preparation

Take iron powder, soak it in borax water for one day and then wash it. Soak it again in lime juice for one day and wash it. Dry it well. Take 140 gm of this purified powder, 35 gm of purified sulphur (*kandhakam*) and 8.75 gm of ammonium chloride (*navāchāram*). Place them all in a mortar, grind and mix well. To this, add supernatant fluid of water-activated limestone (*kal chunna thelivu nīr*) and grind it for 5 days. Every day at the end of grinding, pour the necessary quantity of fluid of limestone in the mortar so as to make the material in the mortar float on the liquid, and close the mortar properly. Next morning, all the fluid in the mortar will be seen absorbed and it will be dry. Again, grind with same fluid for 5 more days. After all the water in the mortar gets dried, remove the paste from the mortar and put it into an iron vessel and place the vessel in hot sun. Then make the medicine in the iron vessel go upside down with the help of a long iron stick or spoon. Smoke will come out from the medicine when it is dried. At this time, the vessel should be put over a small fire made from 3 wooden logs (*viraku*) and fried. Though smoke comes out from the vessel at this time, quickly it will stop. Again, it may be fried until the material becomes red. The weight of the red calcined powder will be equal to the weight of the iron powder.

- **Skylike wax (*vān mezhugu*)**

If the medicine is given in doses of 65 mgm with the palm jaggery in the morning and evening, diarrhoea, gastric pain, dysentery and many other chronic diseases will be cured.

- **Juice of banana fruit**

If it is given in doses of 84 to 168 ml in the morning and evening for 3 days, all types of dysentery will be cured.

- ***Īspā chinthāmani chendūram***

If it is given in doses of 65 mgm to 130 mgm with a powder containing nutmeg, mace, cloves, hyoseyamus niger (*kurōsāni ōmam*) and aconitum heterophyllum (*athividayam*) and honey for 10 days in the morning and evening, dysentery will be cured.

Method of preparation

Take purified sulphur 87.5 gm (*kandhakam*), mercury 70 gm (*rasam*), chinnabar (*lingam*) 35 gm, arsenic disulphide – red orpiment (*manōsilai*) 17.5 gm, and powder them in a suitable manner. Grind and mix them together. Add the juice of eclipta alba, flower juice of pomegranate, flower juice of moringa olcifere, flower juice of *pichipū* one after the other and grind for 6 hours for each juice. Then dry it, powder and collect it in a bottle. The mouth of the bottle may be suitably closed with a lid and it may be well sealed with a mud-applied linen. Dry the seal and place the bottle in a specific instrument called *vālukai* (sand-covered) machine. In this, the bottle will be placed at the middle and then it will be fully covered with sand. This *vālukai* machine is placed on a stove and heated. The heat on the first day will be lesser; on the second day it will be average and on the third day the fire should be bigger. Every day it should be heated from 8 am to 8 pm. In the night hours it should be put on the stove itself. No direct fire is necessary. The heat in the charcoal is enough. After 3 days, allow it to cool and remove the linen cover and collect red calcined powder obtained in the bottle. The method of use of this medicine is given above. All types of dysentery will be cured.

- *Nāgarāthi chūranam*

The ingredients needed are: dry ginger (*chukku*), aristolochia bracteolata (*āduthīndā pālai*), aconitum heterophyllum (*athividayam*), root of long pepper (*thippili mūlam*), rock salt (*induppu*), the inner portion of mango seed (*māngottai paruppu*), skin of holarrhena atidysenterica (*kudasa pālai*), gum of ceiba pentandra (*ilavam pisin*), tender fruit of pomegranate, mace, and petioles of limonia acidissine (*vilā īrkku*).

Method of preparation

Take equal parts of the above ingredients, purify, dry, pound them together and filter it through sieves and fine linen.

Vehicle : honey, curd.

Indications: diarrhoea, dysentery and gastric disturbances.

- Dysentery-arresting powder (*kirāni kabāda chūranam*)

Ingredients

Flower of wood fordia fruiticosa – fire flame flower (*kāttātthi pū*), dry ginger (*chukku*), aconitum heterophyllum (*athividayam*), cyperus rotandus (*kōrai kizhangu*), root of cissarepelos pareiva (*vatta thiruppi vēr*), dry fruit mesocarp of aegle marmelos (*ularntha vilvappazha sathai*), bark of wrightia tinctoria (*vetpālai pattai*), seed of wrightia tinctoria (*vetpālai arisi*), dry epicarp of pomegranate (*ularntha māthulai ōdu*), and bark of cinnamon (*ilavangappattai*).

Method of preparation

Take all the ingredients in equal quantities, pound them, make powders of them and mix them together.

Vehicle	: sugar, water or rice-washed water
Dose	: 500 mgm (*verukadi*) twice or three times a day.
Indication	: dysentery, bleeding piles.

- **Earthworm powder (*būnāga chūranam*)**

Earthworm 35 gm, dry ginger 8.5 gm, pepper 8.5 gm, long pepper 8.5 gm, creeper of tinospora cordifolia (*sīnthil*) 17.5 gm, whole plant of solanum trilobatum (*thūthuvalai samūlam*) 35 gm, terminalia belerica (*thāndrikkāy*) 4 gm, phyllanthus emblica (*nelli vatral*) 4 gm, rhus succedanea (*karkadaga singi*) 4 gm, outer epicark of terminalia chebula (*kadukkāy thōl*) 4 gm, bombusa arundinacea (*mūngil uppu*) 4 gm.

Method of preparation

Powder all the 12 ingredients stated above and mix them together. Take equal quantities of sugar candy and solanum surattense (*kandankatthari*) and grind and add to the above. To this 8.5 gm calx of coral may also be added.

Use

This powder can be taken in doses of 3 gm twice a day along with cow's butter or with red calcined powder of iron or red calcined powder of magnet.

Indication: Dysentery, anorectal disorder and cough with blood.

- ***Kāycchukkatti* powder (powder of uncaria gambier)**

Ingredients

Kāycchukkatti (uncaria gambier) 105 gm, bark of cinnamon (*ilavangapattai*) 105 gm, cloves (*kirāmbu*) 70 gm, nutmeg (*jāthikkāy*) 35 gm.

Method of preparation

Powder each ingredient above and mix them all together.

Dose : 300 mgm to 500 mgm.
Vehicle : Ghee, sugar
Duration : 3 times a day for 3 days.
Disease curable : dysentery with mucus and dysentery with blood
Diet : easily digestible porridge can be given. Avoid pungent food.

- Powder for dysentery with mucus and dysentery with blood (See *Rattha bēdhi chūranam*)

Ingredients

Cardamom (*ēlam*), bark of cinnamon (*ilavangappattai*), kirāmbu rhus succedanea *(karkadaga singi)*, cloves, aconitum heterophyllum (*athividayam*), mesua ferrea (*sirunāgappū*), seeds of poppy plant (*kasakasā*) and cissampelos pareira (*vattatthiruppi*).

Method of preparation

Take 100 gm in each. Fry lightly, powder and filter them. Add sugar candy suitably and 2 numbers of nutmeg with it and prepare a powder of them.

Use

500 mgm twice a day with honey.

Lēghiyam (wax-like medicines)

- ***Rasakkattuvāthy lēghiyam***

Ingredients

Nutmeg (*jāthikkāy*), aconitum heterophyllum (*athividayam*), rhus succedanea (*karkadagasingi*), clove (*kirāmbu*), dry ginger (*chukku*), quercus infectoria (*māsikkāy*), bark of cinnamon small (*sanna ilavangap pattai*), pepper (*milagu*), flower of woodfordia fruticosa (*kāttātthippū*), hyocyamus niger (*kurōsāni ōmam*) and poppy seeds (*kasakasā*).

Method of preperation

Take equal quantities of all ingredients, fry them together by adding some ghee, pound and make a powder of them. Mix with a suitable quantity of palm jaggery and prepare it as a *lēghiyam.*

Use

Avoid all pungent food. Give only easily digestible food. When the disease is severe, arrowroot conjee and barley conjee can be given.

- Dysentery-arresting *lēghiyam* (*kirāni kabāda lēghiyam*)

Ingredients

Nutmeg (*jāthikkāy*), mace (*jāthipathiri*), liquorice (*athimathuram*), cumin seed (*sīragam*), trachy spermum ammi sprague (*ōmam*), hyscyamus

niger (*kurōsāni ōmam*), embelia ribes (*vāyvidangam*), root of long pepper (*mōdi*), dry ginger (*chukku*), fried asafoetida (*porittha perungāyam*), pepper (*milagu*), long pepper (*thippili*), and saussurea costus (*kōstam*) – take 17. 5 gm of each. Papaverine somnifera (*abin*) 1 gm, purified sesamum indicum (*ellu*) 70 gm and palm jaggery 105 gm.

Method of preparation

Powder all the first-said 13 ingredients. Pound the purified and skin-removed sesamum indicum and palm jaggery in an iron-pounding machine. Add paparverine somnifera little by little to it, pound and mix well. Then add the first-prepared powder to it and pound well. After the contents are well mixed, they may be placed in a mortar. Add honey and grind well until it comes to a *lēghiyam* form.

Dose

4.2 gm morning and evening. If it is given with red calcined powder of iron and magnet (*ayakāntha chendūram*), 6 types of dysentery and flatus in the abdomen will be cured.

Bitter substances, sour food, and sexual activity should be avoided.

- ***Nāgarāthy lēghiyam***

Ingredients

Powder of outer cover-removed dry dinger 35 gm, and powder of tender terminalia chebula 17.5 gm.

Method of preparation

Soak these two in buffalo curd and grind them in a mortar to a butter-like consistency. Add some ghee to it and fry lightly. Then again it may be soaked in buffalo butter for 3 hours and ground for sometime. Then fry with ghee as before. This procedure may be repeated for a third time also. Finally, grind in a stone slab and make a paste of it. From this paste, make balls of 2 gm each and store them properly in a porcelain vessel.

Use

1 to 2 balls daily with ghee or honey. All types of dysentery and piles will be cured.

- **Terminallia bellerica *lēghiyam* (*thāndrikkāy lēghiyam*)**

Ingredients

Outer epicarp of terminallia bellerica (*thāndrikkāy thōl*) 3,500 gm, white sugar 350 gm, ghee 280 gm, powder of aconitum heterophyllum (*athividayam*), powder of nutmeg, papaverine sournifera (*abin*) and purified cannabis sativa 35 gm each of the last four.

Method of preparation

Powder the pericarp of terminallia bellerica and put it into a mud pot. Add 8 litres of water to it, reduce it to 1 litre and filter. Add white sugar to it and mix well so as to have it in a treacle (*pāhu*) form. The last-said 4 substances may be put into a mortar and ground well adding water to butter-like consistency. Then this may be mixed with the treacle. Put the pot again over a small fire and heat it. Get the medicine in black mustard cluster form (*kadugu thiral pakkuvam*), cool and store it in a porcelain vessel.

Dosage : 2 to 15 gm daily

Indication : Diarrhoea, dysentery with blood, anorectal diseases, piles, pain of the 6 types, *pittha* disease, flatulence, and basillary dysentery. Avoid tamarind, smoking and sex.

- ***Agginikumāra rasam***

Ingredients

Purified gooseberry sulphur (*nellikkāy kandhagam*) 10 gm, purified mercury (*rasam*) 10 gm, purified aconitum ferox (*nābi*) 10 gm and purified powder of pepper 21 gm. Needed quantity of lime juice or sour pomegranate fruit juice.

Method of preparation

Grind the sulphur and mercury together on a stone slab until it becomes black. Then add the other powders. Add the juice little by little and grind for 24 hours. From the paste, make 130 mgm tablets, dry them in shade and store them.

Use

½ tab in ginger juice or dry ginger decoction. All types of diarrhoea and indigestion will be cured. Appetite will be stimulated.

- Dysentery-arresting *rasam* (*kirāni kabāda rasam*)

Nutmeg (*jāthikkāy*), purified mercury (*rasam*), purified aconitum ferox (*nābi*), sulphur (*kandhagam*) – take these in equal quantities, mash them on a stone slab with the juice of tender mango fruit. From the paste, prepare 130 mgm tablets. If it is consumed, all types of dysentery and anorectal diseases will be cured.

- Another process

Purified mercury (*rasam*), sulphur (*kandhagam*), aconitum heterophyllus (*athividayam*), terminalia chebula (*kadukkāy*), calx of mica (*abbiragam*) – each 10 parts; purified cannabis sativa (*ganja*) 3 parts – put them on a stone mortar and mash them for 6 hours with lime juice. From the paste, make 130 mgm tablets. All types of dysentery will be cured.

- *Vidabēdhi sangārani* (cure for toxic diarrhoea)

Ingredients

Chinnabar (*lingam*) 10 gm, papaverine somnifera (*abin*) 10 gm, green cyperus rotandus (*pacchai kōrai kizhangu*) 100 gm, nutmeg (*jāthikkāy*) 100 gm, seeds of wrightia tinctoria (*vetpālai arisi*) 100 gm, camphor from Surat (*karpūram*) 100 gm. Make a powder of each substance separately. Mash them on a stone slab with the decoction of cannabis sativa for 12 hours. When it comes to wax-like consistency, make tablets of 60 mgm, dry them in shade and store them.

Use

One tablet may be given once in 2 hours with honey. Cholera, and diarrhoea due to indigestion will certainly be cured. After diarrhoea is arrested, no medicine need be given. Porridge is the diet during the illness. Nothing else should be eaten. Sex should be avoided.

- *Kattuvāthi* tablet

Ingredients

Gum of ceiba pentandra (*ilavam pisin*) 7.5 gm, aconitum heterophyllum (*athividayam*) 7.5 gm, nutmeg (*jāthikkāy*) 7.5 gm, mace (*jāthipatthiri*) 7.5 gm, fruit of aegle marmelos (*vilvappazham*) 15.6 gm, *kāychukkatti* (uncarnia gambier) 7.5 gm and cloves (*kirāmbu*) 7.5 gm.

Method of preparation

Place them all on a stone slab, grind for 3 hours with the juice of datura alba (*ūmathai chāru*). Weigh the medicine; add 3 parts of the seeds of hydrophila amiculata (*nīr mulli vithai*) to it and grind again with the same juice for 3 more hours. From the paste, make 60 mgm tablets.

Use

One tablet twice a day with ghee, All types of diarrhoea will be controlled. Porridge of barley alone may be given.

- *Manimanthira* powder

Ingredients

Cumin seeds (*sīragam*), piper retrofacture (*yānai thippili*), nigella sativa (*karunjīrakam*), dry ginger (*chukku*), clerodendrum serratum (*siruthēkku*), hyocyamus niger (*kurōsāni ōmam*), pepper (*milagu*), piper cubeba (*vāl milagu*), roots of cissampelos parieva (*pon musuttai vēr*), long pepper (*thippili*), root of long pepper (*thippili mūlam*), rock salt (*induppu*), and papaverine somnifera (*abin*) – each 35 gm.

Method of preparation

Fry them slightly, pound and powder and filter them. Then add papaverine somnifera.

Use

If it is taken with honey in suitable doses, all types of diarrhoea, indigestion and dysentery will be cured.

- Powder for dysentery (*kirāni chūranam*)

Ingredients

Trachy spermum ammi sprague (*ōmam*) 15 gm, hycyamus niger (*kurōsāni ōmam*) 15 gm, nutmeg (*jāthikkāy*) 5 gm and cardamom (*ēlam*) 5 gm.

Method of preparation

Powder them all and mix them together.

Use

Daily 5 gm with buffalo curd for 5 days. All types of dysentery will be cured.

- Other medicines

  Curd ginger powder (*thayir chundi chūranam*), tablet of taxes buccata, etc (*thālisāthy vatakam*), powder of epicarp of pomegranate (*māthulai thōdu chūranam*), red chilli wax (*milagāy mezhugu*), garlic paste (*vellaippūndu karkam*), *pūbathi* red calcined powder (*pūbathi chendūram*), borax chinnabar red calcined powder (*padiga linga chendūram*), *kattuvāthi* tablet, powder of acorus calamus (*vasambu chūranam*), *kattuvāthi chūranam*, dysentery-arresting *chūranam (kirāni kabāda chūranam)*, dysentery-arresting wax (*kirāni kabāda mezhugu*), *kattuvāthi lēghiyam*, *pūranāthi lēghiyam*, cannabis sativa *lēghiyam* (*mūthanda lēghiyam*), terminalia bellerica *lēghiyam* (*thāndrikkāy lēghiyam*), calx zinc mix (*nāga parpa kalavai*), powder of curry leaves (*karivēppilai chūranam*), powder of solanum torvum (*sundai vatral chūranam*), valve tablet (*kabāda māthirai*), calx of snail (*natthai parpam*), trachysperum ammi sprague *lēghiyam* (*ōma lēghiyam*) – all these medicines will be effective in dysentery.

Haloptelea intergrifolia (*āyil*), pongamia pinnata (*pungu*), unripe fruit of phyla nodiflora (*poduthalai kāy*), root bark of alangium salvifolium (*azhinjil vērpattai*), *kuzhambu vēr*, acorus calamus (*vasambu*), ammoniac sal (*navachāram*), salt containing ingredients of salt petre, sal ammoniac and common salt (*satthi chāram*), plumbago zeylanica (*chithira mūlam*), dry ginger, pepper and long pepper (*thirikadugu*), root of pepper (*sevviyam*), mollugo cerviana (*parpādagam*), curry leaves (*karivēmbu ilai*), cumin seeds (*sīragam*), asafoetida (*perungāyam*), boerhaavia diffusa (*mūkkirattai*), tephrosis spinosa (*mutkā vēlai*), andropogou nardus (*kāvattam pul*), clemone viscova (*nalvēlai* or *nāyvēlai*), oxalis corniculata (*puliyārai*), rock salt (*induppu*), sochal salt (*kalluppu*), sodium chloride (*kāychuppu*), potassium nitrate (*pottiluppu*), black salt (*karuttha uppu*), boerhaavia diffusa (*chāranai*), cassia auriculata (*āvārai*), illicium verum (*thakkōlam*), borax (*venkāram*) and leaves of marsilea quadrifolia (*ārai ilai*) would also provide the cure for dysentery.

Dysentery in children

Diarrhoea and dysentery which occur in children within 3 years is called by the names 'diarrhoea due to loss of appetite and indigestion', *kanai*, greenish stool, and *pirali*.

Treatment

If the stools in children are frothy or milky or greenish with increased frequency, the following medicines can be given.

***Amurthāthi* tablet**

If this medicine is given with mother's milk or with any other decoction in doses of one tablet each in the morning and evening, the disease will be cured.

If the medicine is given in decoction of artemesia Indica (*māsipatthiri*), indigestion will be cured. If it is given in decoction of cloves, fever due to indigestion and vomiting will be cured. If it is given in mother's milk, colitis,

indigestion, eczema, dryness of tongue, burning sensation in stomach, uninterrupted fever, flatulence and cough will be cured.

Calx of tortoise shell

If the medicine is given in doses of 130 mgm to 260mgm with honey or mother's milk or with other decoction, dysentery and diarrhoea will be cured. And also fever due to indigestion and *kanai chūdu* will be cured. For adults, calcined powder will cure diarrrhoea due to indigestion, anorectal disorders and heat due to venereal diseases.

- **Salt of cissus quadrangulasis (*pirandai uppu*)**

If this medicine is given in doses of 130mgm to 260mgm in the morning and evening with hot water or sour buttermilk, diarrhoea due to indigestion will be cured.

- **Powder of acorus calamus mix (*vasambu chūrana kalavai*)**

If the medicine is given in doses of 150 mgm to 250 mgm with honey or mother's milk in the morning and evening, diarrhoea will be cured.

- **Tablet of bezoar (*kōrōsanai mātthirai*)**

If this tablet is given in doses of 1 tablet in the morning and evening with mother's milk, diarrrhoea, fever, headache, cough, indigestion and sputum accumulation will be cured.

- ***Kattuvāthi* tablet**

When this medicine is given in doses of 1 tablet to 2 tablets in the morning and evening with honey or mother's milk, diarrhoea will be cured. It can be given with decoction of trachy spermum ammi sprague (*ōmam*).

- **Decoction for diarrhoea due to indigestion and dullness of stomach (*māntha bēdhi kudinīr*)**

'Phyla nodiflora will stop the flow' (*pōkkai adaikkumām poduthalai*) is a proverb. For diarrhoea in children, this is a good medicine. Take one

handful of phyla nodiflora (*poduthalai*) and put it into mud pot and heat. While heating, add a little of trachyspermum ammi sprague (*ōmam*) and fry well. After this, add a little of mother's milk or water to it and fry again. Then take it away from the stove, cool it and then put it in a linen and tie it up. Now squeeze the material so as to get juice from it. 5 to 10 ml of this juice can be given three times a day. All diarrhoea will be cured. If it is necessary, *amirthāthi* tablet, or *kattuvāthi* tablet can also be given with this.

- **Heated juice of phyla nodiflora (*poduthalai kūttu surasam*)**

Leaves of phyla nodiflora (*podathalai ilai*), leaves of ansomeles malabarica (*pēymarutti ilai*), leaves of aeschynomene indica (*vāykkāl sadaichi ilai*), leaves of moringa (*murungai ilai*), leaves of cissus quadrangularis (*pirandai ilai*), leaves of oscimum basilicum (*thirunītru pachilai*), leaves of oscimum sanctum (*thulasi*) –Take one handful each of some of these along with phyla nodiflora and cut them into small pieces. Fry a certain amount of trachyspermum ammi sprague (*ōmam*) and put these leaves into it. Then add a little of mother's milk or water to it and roast it. Then take juice from it as stated before.

Charred acorus calamus (*vasambu*) and asafoetida (*perungāyam*) may be mashed with 5 to 10 ml of this juice and given in the morning and evening. Diarrhoea will be cured.

- **Petiole decoction (*pala īrkku kudinīr*)**

Petioles of neem (*vēppīrkku*), petioles of curry leaves (*karivēppilai īrkku*), petioles of morinda pubescens (*nunā īrkku*), petioles of the leaves of phyllanthus emblica (*nelli īrkku*), petioles of the leaves of Indian gum arabic plant (*karu vēlam īrkku*) – take 500 gm of each. Take trachyspermum ammi sprague (*ōmam*) in a mud pot and fry. Add all the petioles to it and fry. Add ¼ of a measure of water and heat. Reduce it to ¼ of its part and filter. Charred acorus calamus (sweetflag) and asafoetida may be mashed in 15 ml of this decoction and given in the morning and evening. Diarrhoea will be arreseted. Intestinal susception and indigestion will be cured.

- *Kattuvāthi chūranam*

If this medicine is given in doses of 100 to 250 mgm with honey twice or three times a day, dysentery will be cured. Besides, if vomiting-cure powder 100 mgm is given along with this 100 mgm of *kattuvāthi chūranam* with honey in the morning and evening, the disease will be cured. Take trachyspermum ammi sprague (*ōmam*), and garlic and fry them together in a mud pot, add water and prepare a decoction.

Charred acorus calmus (*vasambu*) may be roasted in 10 ml of decoction and given 2 to 3 times a day. Vomiting and diarrhoea will be controlled.

- Burn oil (*eri ennei*)

Take aeschynomene indica (*vāykkāl sadaichi*) one handful, add a little of cumin seeds (*sīragam*) and onion (*vengāyam*). All may be pounded and squeezed to get juice. Take gingelly oil ½ ounce in a spoon and boil. To this add the juice and mix well. After it is cooled, give it for 3 days in the morning alone. All types of diarrhoea will be cured.

Note: Papqverine somnifera (*abin*) and cannabis sativa (*ganja*) should not be given with any medicine prescribed for dysentery to children below one year of age.

Diet restriction

When there is diarrhoea or dysentery, pungent-tasting diet should not be given. Porridge of sago and arrowroot may be given. Rice conjee made from *manakkatthai*, *kār*, and *kuruvai* varieties of rice may be given or twice-boiled rice and buttermilk may be given. Tender unripe fruit of banana and tender fruit of cassia auriculata may be cooked without chillies and given. Seeds of poppy fruit may be mashed and mixed with water, and the juice of it may be given. Fruit of garcinia mangostana (*mangustān*) may be eaten. *Malai vāzhai* (a variety of banana) and country brown sugar (*nāttu sarkkarai*) and ghee may be mixed together and given.

A Glossary of Diseases and Herbal Plants

ajīrana bēdhi – diarrhoea from indigestion; undigested discharges

ajīranam – indigestion

aswaganthi – species of withania Indian winter cherry (withania somnifera)

agatthi – West Indian pea-tree (sesbania grandiflora)

agatthiar kuzhampu – a famous cathartic compound

akil – eaglewood (aquilaria malaccensis)

akkaram – a form of diarrhoea (paediatric stomatitis)

akkarakāram - pellitory root (anacyclus pyrethrum)

akki – herpes

akkini kumāram – a compound medicine

akkini māntham – dyspepsia, feeble state of digestion

alli – water lily (nymphaea lotus)

ammān paccarici – an annual with erect or procumbent branches (euphorbia pilurifera)

ammai – smallpox, chickenpox, measles (chebulic myrobalan)

amukkarā – Indian winter cherry (withania somnifera)
annabēdhi – green vitriol (ferri sulphas)
anta vāyu – inflammation of the testis (orchitis)
anthara vāyu – hernia
apin – opium (condensed juice of papaver somniferum)
arasa maram – pipal (ficus religiosa)
arasam – piles
arakku – lac, vermilion
arakkut thailam – medicinal oil prepared from lac
arisi – rice without the husk
aristthippili – long pepper
arunelli – species of gooseberry balsam tree (phyllanthus distichus)
arusippittham – bile which causes distaste for food
arukampul – harialli grass (cynodon dactylon)
arukīrai – a potherb (amarantus tristis)
athi cāram – a kind of diarrhoea
athimathuram – liquorice, a plant (glycyrrhiza glabra)
athividayam – atis(aconitum heterophyllum)
atthi – country fig (ficus racemosa)
avarai – field-bean (dolichos lablab)
avuri – indigo plant (indigofera tinctoria)
ayam – oleander (herium odorum)
azhaku kāmālai – a variety of jaundice
azhalar pun – inflamed ulcer
azharchi – burning sensation
azhincil – sage-leaved alangium (alangium salvifolium)

āduthīnatāppālai	–	worm killer (aristolochia bracteoata)
āmanakkennei	–	castor oil (palmae oleum)
āmanakku	–	castor-plant (ricinus communis)
ānaitthippili	–	elephant-pepper climber (scindapsus officinalis)
ātāthōtai	–	malabar nut (justicia adhatoda)
āvārai	–	tanner's senna (cassia occidestali)
āyil	–	chittagong wood (chickrassia tabularis)
bēdhi	–	diarrhoea, purging
chitrāmalli	–	wild jasmine (uraria picta)
chitrāmutti	–	yellow sticky mallow(pavonia zeylanica)
chirraratthai	–	lesser galangal (alpinia officinarum)
chirukānjori	–	small climbing nettle (tragia involucrata–cannabina)
chukku	–	dried ginger
chūranam	–	powder, especially medicinal tuberous–rooted herb
dēvadhāru	–	deodar, cedar (cedrus deodara)
elumiccai	–	sour lime (citrus medica acida)
ennei	–	oil
enpurukki	–	variety of tuberculosis, causing great emaciation
erukku	–	madar (calotropis gigantea)
ēlakkāy	–	cardamom
ēlam	–	cardamom plant (elettaria cardamomum)
ēlarici	–	cardamom seed
gunmam	–	chronic dyspepsia
ilaikkalli	–	five-tubercled spurge (euphorbia nivula)

ilaippu – weariness, fatigue, lassitude

ilanīr – tender coconut milk

ilanthai – jujube tree (zizyphus jujuba)

ilavankam – clove (caryophyllum aromaticum)

ilavankappattai – cinnamon bark (cinnamomum verum)

ilavankappū – flower of the clove tree

ilavu – red-flowered silk cotton tree (bombax malabaricum)

lēghiyam – electuary, taken by licking

linga mezhuku – medicine prepared from cinnabar

lingam – cinnabar, a preparation of mercury with sulphur

iluppai – South Indian mahua (madhuca longifolia)

iluppennei – oil of mahua seeds

īlai – phlegm, asthama, tuberculosis

īral – internal organ in the body as the liver or spleen

īralvali – congestion of the liver (hepatalgia)

īrulli – onion (allium cepa)

impūral – a root, used for dying scarlet (oldenlandia unbellata, aedyotis puberula)

inci – ginger plant (zingiber officinale)

iracam – red costate–leaved banana (musasapientum champa)

iraippu – asthma, wheezing

rattha mūlam – bleeding piles

rattha pittham – hemorrhage

ratthakācam – spitting of blood (haemoptysis)

ratthakkazhical – dysentery, bloody flux

ratthakkirāni – bloody flux, chronic dysentery

ratthapperukku – hemorrhage, profuse flow of blood

irumal – cough, bronchitis

iruvēli – insuss-grass (coedus vettivērodies)

itthi – white fig (ficus gibbosa)

izhuppu – spasm, convulsion, asthama

jathikkāy – nutmeg (myristica fragrances)

kasakasā – opium poppy, a narcotic herb (papaver somnif erum)

kadugurōgini – christmas rose (helleforus niger)

kaiyānthakarai – a plant growing in wet places (eclipta alba)

kalaippu – fatigue, exhaustion

kazharchi – molucca bean (caesalpina bondu)

kazhiccal – diarrhoea, looseness of bowels

kalikkam – to cure a person of chronic headache

kallīral – liver

kalli – spurge (euphorbia)

kanai – a cattle disease

kandupārangi – bettle-killer (phygmaeo premna herbacca)

kanja – Indian hemps (cannabis sativum)

kanjee – rice water

kannaicūtu – a disease of children (tabes mesenterica)

kannōy – sore eyes, ophthalmia, conjunctivitis

kantātthiri lēghiyam – electuary with ginger as its chief ingredient

kantankatthiri – a highly thorny plant with diffuse branches (solanum surattense)

kanthakasintūram – calcined brimstone

kanthakam – gandhaka (sulphur)

kanthi – gandhin (spices, aromatics)

kaba	–	phlegm, one of the three kinds of *nādi*
kadambu	–	common cadamba (barringtonia racemosa)
kallāl	–	banyan (ficus bengalensis)
kappu manjal	–	a superior kind of turmeric from Cochin
karkkatakasinki	–	Japanese waxtree (rhus succedanea)
karappān	–	eruption, any cutaneous disease, rash, eczema
karia sīragam	–	black cumin (nigella)
karisalānkanni	–	a plant usually found in wet places
karimanjal	–	a kind of turmeric used in curry powder
karippālai	–	wild olive (putranjiva roxburghii)
karisālai	–	a plant usually found in wet places (eclipta alba)
karivēppilai	–	curry leaf
karkam	–	mahua flower
karpūravalli	–	thick-leaved lavender (plectranthus ambonicus)
karrālansōru	–	pith of the aloe
karrāzhai	–	karravala (aloe)
karumpittham	–	black bile
karuncīrakam	–	black cumin
karunkāli	–	Coromandel ebony of Mysore, mountain ebony tree (disopyros melanoxvion)
karuppatti	–	jaggery made from palmyra juice
karuppukkatti	–	palmyra jaggery
karuppukkunkiliyam	–	black dammar
karu vēmpu	–	black neem tree
kasthūri marimanjal	–	yellow zedory
katalai	–	bengalgram (cicer arictinum)

katthari	–	brinjal (solanum melongena)
katti	–	cold, lump, concretion (coagulated)
katukkāy	–	gallnut, one of the *tiri pālai*
katukurōkani	–	Christmas rose herb (hellee forus niger)
katuku	–	Indian mustard (brassica juncea)
katuppuk kazhiccal	–	dysentery attended with griping pain
katuppu	–	throbbing pain, burning sensation
kavicai	–	tumour in the stomach
kavuthāri	–	Indian partridge
kazhalai	–	ven, tubercle, dermoid cyst
kāsam	–	a disease of the eyes
kāsukkatti	–	a compound of catechu formed with a juice of young coconuts
kāṣu	–	phlegm
kāmālai	–	jaundice
kāthataippu	–	deafness occasioned by a fatigue
kāttumallikai	–	wild jasmine (jasminum angustifolium)
kāvattam pul	–	citronella grass (andropogon nardus)
kāyam	–	wound
kāyccal	–	fever
kizhanku	–	bulbus root
kirāmpu	–	clove (syzygium aromaticum)
kirāni	–	continual looseness of the bowels, chronic diarrhoea of six kinds
kīzhā nelli	–	a small plant with slender green main branches (phyllanthus amarus)
kodi	–	creeper, climber
kokkippuzhu	–	hookworm
konrai	–	Indian laburnum (cassia fistula)

kotikkalli – moon creeper (sarcosemma brevistigma)
kotimuntirikai – grape vine (vitis vinifera)
kotivēli – Ceylon leadwort climber (plumbago zeylanica)
kottai – nut, kernel
kōttam – costus shrub (saussurea costus)
kotthamalli – coriander (coriandrum sativum)
kozhunthu – tender leaf, sprout
kōrai – nut grass (cyperus rotundus)
kōrōsanai – bezoar taken from the stomach of cows
kōvai – a climbing shrub (coccinia cordifolia)
kōzhai – phlegm, mucus
kukkil – tripterocarp dammer (shorea robusta)
kumiz – mucilaginous shrub that yields water (gruelina asiatica)
kumpa kāmālai – a kind of jaundice
kunri – crab's eye (abrus precatorius)
kuppaimēni – Indian acalypha (acalypha indica)
kurōcāniyōmam – black henbane (hyoscyamus niger)
kurumpi – immature coconut's or palmyra nut's fruit buds
kuruvicci – box- leaved ivory wood (bhretia buxifolia)
kutasappālai – concssi bark (holarrhena anti dysenterica)
kutaiccal – neuralgia, gnawing pain
kuthirai vāli – purple wreath (cuscuta reflexa)
kuttam – leprosy
kutthal – internal pain
kuzhampu – mixture

kūkai – East Indian arrowroot (curcuma angustifolia)
kūvilam – bael (aegle marmelos)
makizh – pointed-leaved ape flower (mimusaps elangi)
malaithāngi – sickle-leaf (sida acuta, sida carpinifolla)
manakkatthai – a kind of paddy
manali – sandgreens (gisekia pharnacioides)
manatthakkāli – black nightshade (solanum rubrum)
manjal – turmeric (curcuma longa)
manippunkam – rusty soapnut (sapindus trifoliatus)
mankusthān – mangosteen (garcinia mangastana)
maramanjal – tree turmeric (berperio aistatica)
marukkārai – emetic-nut (randia dumetorum)
marukkozhunthu – southern wood (artemisia abrotanum pallens)
maruthōnri – henna (lawsonia alba)
maruthu – arjuna (terminalia arjuna)
mayakkam – giddiness, unconsciousness
māsikkāy – galls (quescus infectoria)
mākālikkizhanku – a kind of sarsaparilla with tubers, growing in hilly tracts
māmaram – mango (mangifera indica)
mānkāy – mango fruit
mānthalir – tender leaf of mango
māthulam – pomegranate (punica granatum)
milakaranai – lopez root (piper attenuatum)
milaku – black pepper (piper nigrum)
muchiru – red ant (formica smaragdina)
musumusukkai – bristly bryony creeper (mukia scabrella)
mulaikkīrai – a kind of greens (amarantus blilum)

mullanki – radish (raphanus sativus)

munthirikai – common grape vine

murukkan maram – bengal kino tree (butea frondosa)

murunkai – horse radish tree, drum-stick tree (moringa oleifera)

mutakkarutthan – baloon vine (cardiospermum halicacabam)

mutkāyvēlai – five–leaved wild indigo (tephrosia pinosa)

mūkkirattai – spreading hog weed (boerhaavia diffusa)

mūlakkirāni – chronic enteritis

mūlanōy – piles, haemorrhoids (prolapsus ani)

mūnkil – bamboo (bambusa arundinacea)

mūnkilarici – the seed of the bamboo

nalvēlai – black vailay (gynandropsis pentaphylla)

namai – itching, irritation

nannāri – Indian sarsaparilla (hemidesmus indicus)

nākkaralai – a disease of the tongue

nākkuppūcci – roundworm, threadworm (ascaris lumbricoides)

nākkuppun – inflammation of the tongue (glossilis)

nākkuppurru – cancer of the tongue

nānal – kaus, a large and coarse grass (saccharum spontaneum)

nāratttham – sweet flag (acorus calamus)

nāval – jaumoon plum (syzygium cumini)

nāvaratci – thirst, as causing dryness of the tongue

nelli – emblic myrobalan (phyallanthus emblica)

nelli mulli – dried flesh of the emblic myrobalan

nerinji – cow's thorn, a small prostrate herb (tribulus terrestris)

neythal	–	white Indian water–lily (nymphaea lotus alba)
nērvālam	–	true croton oil plant (corton tiglium)
nilappannai	–	moosly or weevil root (curculigo orchioides)
nilavākai	–	Tirunelveli senna (cassia senna, cassia angustifolia)
nilavēmpu	–	French chiratta (andrographis paniculata)
nilavilā	–	woodapple (feronia limonia)
nīrppūla	–	black-berried featherfoil (curcuma zedoric)
nīramparkatti	–	ascites
nīrizhivu	–	diabetes
nīrkkatuppu	–	dysury, strangury, urethritus stricture of urethra
nīrmulli	–	water thorn (asteracantha longifolia)
nīrvalli	–	betel pepper (piper beetle)
nocchi	–	five-leaved chaste tree (vitex negundo)
nunā	–	Indian mulberry (morinda pubescens)
ōmam	–	bishop's weed (carum copticum)
orithazhl tāmarai	–	a pastured weed (lonidium suffruticosum)
othi	–	Indian ash tree (lannea coromandelica)
pasalai	–	spinach (spinacia oloracea)
paccaippayaru	–	greengram (phaseolus mungo)
paccilai	–	green, fresh leaf
pakkavātham	–	paralytic attack on one side of the body (hemiplegia)
palvali	–	toothache (odontalgia)
panai	–	palmyra-palm (borassus flabellifer)
pankampālai	–	worm-killer (aristolochia bracteata)
parankikkāy	–	white gourd (cucurbita pepo)
paranki	–	venereal disease, syphilis

parpam – medicinal powder
parpātagam – fever plant (mullugo carviana)
paruppukkīrai – common cock's greens (portulaca oleracea)
paruppu – kernel
pattai – bark of a tree
pazham – fruit
pāsippayaru – greengram (phaseolus mungo)
pākal – balsam-pear, bitter gourd, climber (momordica charantia)
palā – jack-tree (artocarpus integrifolia)
pāntu – jaundice, anaemia
pāthiri – yellow-flowered fragrant trumpet flower tree (stereospermum chelonoides)
pāvattai – pavetta (pavetta indica)
pērāmalli – single-flowered Arabian jasmine (jasminum arrbac-heyneana, desnodium gangeticum)
pērāmutti – pink-tinged white sticky mallow (pavonia odorata)
pēraratthai – big galangal (alpinia galanga)
perumaram – toothed-leaved tree of heaven (ailanthus triphysa)
perumkumizh – coomb teak (grelina asiatica)
perumkurumbai – bowstirng hemp (hoptage matabtte)
perumpātu – excessive menstruation, menorrhagia
perumpayaru – chowlee bean (vigna catjang)
perunkāyam – asafoetida (ferula)
pērinthu – date-palm (phoenix dactylifera)
pēyam pazham – fruit of *pēyan vāzhai*
pēysinthil – a climbing shrub (coralla carpus epigaeus)

pēymiratti	–	malabar catamint (anisomcles malabarica)
pēymusuttai	–	elephant creeper (impomoea caudicaus)
pēyppīrkku	–	bitter luffa (luffa acutangula)
pēypputal	–	wild snakegourd (trichosanthes cucumerina)
picchi	–	sweet watermelon (citrullus vulgaris)
pinchu	–	young, tender fruit
pirami	–	a prostrate herb (herpstis monnicra)
pirantai	–	square-stalked vine (cissus quadrangularis)
pitippu	–	rheumatism, gonorrhoeal rheumatism, muscular cramps (myalgia)
pitthakkāycal	–	bilious fever
pitthakkatti	–	a disease of the liver (cirrhosis)
pīnāri	–	fetid tree , poon tree (sterculia foetida)
pīnicam	–	diseased condition of the nose (ozena)
pīrkku	–	sponge gourd, strainer–vine (luffa acutangula)
podi	–	powder
ponmuchuttai	–	kidney-leaved moon–seed (cissampelos pareira)
ponnānkanni	–	a plant growing in damp places (alternanthera sessilis)
porralaikkaiyān thakarai	–	Ceylon verbesina (eclipta alba)
potuthalai	–	wild long pepper (phyla nodiflora)
pōstakkāy	–	dried poppy heads
pūsani	–	pumpkin (cucurbita peop)
pū	–	flower
pukaiyilai	–	tobacco (nicotiana tabacum)
puli	–	tamarind (tamarindus indicus)
puliyārai	–	yellow wood-sorrel (oxalis corniculata)

punkam	–	Indian beech (pongamia glabra)
punnai	–	mastwood (Alexandrian laurel)
purru	–	anything scurvy, scrofulous or cancerous, rapilloma
putal	–	snakegourd (trichosanthes anguina)
pūnākam	–	roundworm infecting the small intestines (ascaris lumbricoides)
pūntu	–	small plant, herb, garlic
pūvarasu	–	portia tree (thespesia populnea)
sanni	–	diseases resulting from the morbid condition of the three bodily humours; delirium
sanni nāyāham	–	white dead nettle (leucaus, aloe litoralis)
santanam	–	sandalwood tree(santalum album)
sarakkonrai	–	Indian laburnum (cassia fistula)
satāmanjil	–	spikenard herb (nardostachya jatamangi)
sataikkancā	–	a variety of bengal hemp
sathakuppai	–	dill (anethum sowa)
sathurakkalli	–	square spurge (euphorbia antiquorum)
sayam	–	tuberculosis
sāranai	–	purslane-leaved trianthema (trianthema portulacastrum)
sāthikkāy	–	nutmeg
sāthilingam	–	vermilion (hydrargyri bisulphuretum)
sāthipatthiri	–	mace
sātthukkuti	–	batavian orange
semmulli	–	Andaman Indian oak (barringlonia speciosa, barleria prionitis)
semparutthi	–	a variety of cotton (hibiscus rosasinensis)
senkazhu nīr	–	purple Indian water-lily (pontederia vaginalis)

senpakam – champak (michelia champaca)
serimānam – digestion
seriyāmai – indigestion
sēnkottai – marking-nut (semecarpus anecardium)
sēvakan pūntu – rose-coloured sticky mallow (pavonia zeylanica)
sikaikkāy – soap pod wattle (acacia concinna)
siranku – eruption, pimple, itch
sirrāmalli – wild jasmine (jasminum angustifolium)
sirrāmankku – castor plant (ricinus communis)
siru seruppatai – a prostrate shrub (glinus lotoides)
siru panjamūlam – compound medicine prepared from the roots of five herbs viz. siruvazhutunai, sirunerunji, sirumallikai, perumallikai, kantankatthari.
siru payaru – greengram (phaseolus mungo)
siruvazhuthunai – Indian nightshade (solanum indicum)
sirukīrai – a species of amaranth (amarantus gangetias)
sirumani – a kind of sampā paddy maturing in six months
sirumūlam – long pepper (piper longum, old)
sirunākappu – ironwood of Ceylon (mesua ferrca)
sirupūlai – a common wayside weed (aerua lanata)
siruthēkku – bushy fire-brand teak (premna herbacea)
sitthiramūlam – Ceylon leadwort (plumbago zeylanica)
sivakaranthai – fever basil (sphoeranthus amaranthodies)
sivanār vēmpu – wiry indigo (indigofora aspalathoides)
sivathai – Indian jalap (operculina turpethum)
sīmaic cāmanthi – chamomile, flowering shrub (anthemis nobilis)

sīnthil	–	gulancha (tinsopora cordifolia)
sīrakam	–	cumin (cuminum cyminum)
sītham	–	dysentery
sīthabēdhi	–	dysentery
sīyakkāy	–	soap-pod wattle (acacia concinna)
sori	–	siranku, a kind of itch that causes much annoyance, herpes, psoriasis
sori	–	itching, tingling
sōkai	–	anaemia, a disease characterised by pale and bloated face (luco phlegmatia)
sōmpal	–	drowsiness, stupor
sōmpu	–	common anise (foenicullum vulgare)
sōrvu	–	languishing, drooping, weakness, delibity
sūlai	–	a class of diseases including arthritic complaints, stiffness or contraction of the muscles or nerves scrofula, rheumatism, sour, colic, spasmodic pain, complaints from irregular menses.
suntai	–	turkey berry (solanum torvum)
surai	–	calabash, climber (lagenaria vulgaris)
suram	–	fever
tamarakam	–	windipe, trachea
tēn	–	honey
thailam	–	oil
thakkāli	–	tomato (lycopersicum esculentum)
thakkōlam	–	cubeb (illicium verum)
thalai nōy	–	headache
thalaicurral	–	vertigo, giddiness, dizziness
thalainatukkam	–	giddiness

thalaivali	– headache (cephalalgis)
thāmarai	– lotus (nelumbium specisum)
thannīr vittan	– climbing asparagus (asparagus racemoses)
thantu	– stem
thatippu	– a disease causing eruptions in the body (urticaria)
thāzhampū	– screw pine flower
thākam	– thirst
thāli	– hedge bind–weed (ipomaea sepiaria)
thālisam	– East Indian plum (flacourtia cataphrachta)
thānri	– belleric myrobalan (terminalia belerica)
thēnkāy	– coconut
thennai	– coconut–palm (cocos nucifera)
thērrā	– clearing nut tree (strychnos potatorum)
thippili	– long pepper (piper longum)
thiratcai	– common grape vine (vitis vinifera)
thiripālai	– fruits of the three myrobalans, viz. *katu, thānri, nelli* (terminalia chebula)
thiru nīrruppaccai	– sweet basil (ocinum basilicum)
thūthuvalai, thūthulam	– climbing brinjal (solanum trilobatum)
thulasi	– sacred basil (ocimum sancium)
thumpai	– white dead nettle (leucas)
thumpi	– gaub, devil fig (disopyros embryopteria)
thutthi	– wrinkled leaved evening mallow (abutilon asiaticum)
thuvarai	– pigeon-pea, dhal (cajanus indicus)
ulli	– garlic (allium sativum)
ulunthu	– blackgram (phaseolus mungoglaber)
unmātham	– madness, mania, intoxication

uppasam	–	swelling, as of the abdomen
uppal	–	distention, flatulence
ushna bēdhi	–	diarrhoea
utal	–	body
utthāmani	–	hedge-twiner (daemia extena)
utumpu	–	monitor lizard
ūmatthai	–	thorn-apple (datura)
ūthal	–	swelling
ūthukamālai	–	jaundice with dropsy
ūzhi nōy	–	pestilence, supposed to be induced by a malignant demon
vasampu	–	sweetflag (acorus calamus)
valippu	–	convulsion, fits.
vallārai	–	Indian pennywort (centella asiatica)
valli	–	climber, creeper, a plant (convolvulus batatas)
varal mulli	–	thorny plant (amaranthus spinosus)
varatpūla	–	Indian snowberry (curcuma zedoria)
vattatthiruppi	–	velvet leaf, kidney-leaved bracteate moonseed (cissampelos pareira)
vayirrerivu	–	burning sensation in the stomach
vayirrukatuppu	–	dysentery
vayirrunōy, vayirru valli	–	stomach-ache, colic, gripe, cramp in the stomach
vayirrup porumal	–	tympanites; rumbling in the stomach
vayirruppōkku	–	diarrhoea
vayirruppun	–	ulceration of the stomach
vazhuthalai	–	Indian nightshade (solanum anguivi)
vākai	–	sirissa (albizza)
vāl milaku	–	cubeb (piper cubeba)

vālukai, vāluluvai	– climbing staff plant (celastrus paniculata)
vānthi marunthu	– emetic
vānthi bēdhi	– cholera, as attended with vomiting and purging
vānthi	– vomiting, ejecting from the mouth
vātha sūlai	– myalgia
vātha pittham	– a state of one's body in which the windy and the bilious humours predominate
vāthānōy	– neuralgia, rheumatism
vāykkasappu	– bitterness in mouth
vāzhai	– plantain (musa paradisiaca)
vāzhalaikkaccal	– very young, unripe plantain fruit
vellātu	– goat
vellari	– cucumber (cucumis sativus)
vellarukku	– white bermuda grass (cynodon)
vellulli, vellaippūntu	– garlic (allium sativum)
veluppu nōy	– pallor, as from illness
velvēmpu	– a kind of margosa
vemmai	– heat, glow
venkākattān	– white-flowered mussel- shell creeper (clitoria ternatea-alliflora)
venkāyam	– onion (allium cepa)
venkatuku	– white mustard
vennei	– butter
venthayan	– fenugreek (trigonella faenum-graecum)
veppu nōy	– slight fever, feverishness
verrilai	– betel pepper
vetpālai	– dyeing rosebay (wrightia tinctoria)
vettivēr	– cuscus grass (vettivēra zizaniodes)

vēlipparuthi	–	stinking swallow wort (pergularia dacmia)
vēmpu	–	neem, margosa (azadirachia indica)
vēnkai	–	East Indain kino tree (pterocarpus marsupium)
vēr	–	root
vīkkam	–	enlargement, swelling, inflammation
vikkal	–	hiccup
vilāmiccu	–	white cuscus grass (cymbopogon jwaranansa)
vilā	–	woodapple (limonia acidissima)
vilakkennei	–	castor oil
vilvam	–	bael (aegle marmelos)
virai	–	testicle
vitākkāycal	–	continuous fever, pyrexia
vitatthēr	–	ashy babool (mimosa cinerea)
vithai	–	seed
vittunukkirānthi, *vishnu kirānthi*	–	a medicinal plant (evolvulus alsinoides)
vizhālarici	–	seed of a kind of grass
yānaitthippili	–	elephant-pepper (scindapsus officinalis)

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Tamil Valarchi Kazhagam

(The Tamil Academy)

- The Tamil Academy was established by the then Minister for Education Thir T.S. Avinasilingam in the year 1946 with the sole objective of the development of the Tamil language.

- Thiru Avinasilingam's illustrious Chairmanship from 1946 to 1982 earned the Academy its distinct character.

- Thiru C. Subramaniam, who had been a minister at both the Centre and the State had guided the Academy as Chairman from 1982.

- Dr V.C. Kulandaiswamy has been the present Chairman, serving from 1990.

- During 1947-68, the Academy brought out the 10-volume Encyclopaedia of Tamil with M.P. Periasamy Thooran as the Chief Editor, the first of its kind in an Indian language.

- Under his editorship, the 10-volume Children's Encyclopaedia in Tamil had been published by the Academy during 1968-1976. A revised second edition of this work in 10 volumes was brought out in 1988.

- Then on, the Academy took up publication of scientific works, and the period from 1991 to1993 saw the publication of four works of this kind.

- The Academy then turned to bringing out books on medical science in Tamil, which saw the publication of 12 volumes on allopathic medicine under the title Medical Encyclopaedia during 1994-2003, An Index to this Encyclopaedia was published in 2006.

- Following this, under the scheme of publication of Siddha medical works, the Academy has brought out 7 volumes on the subject during 2003-2007. The eighth volume on children's medicine is in progress.

- These eight volumes on Siddha medicine are being translated into English with financial assistance from the Government of India.

- A new project on science and technology was started in 2008, under which 7 volumes are intended to be brought out in the following fields:

Hydrology and Water Resources, Water Resources in Tamil Nadu, Agricultural Science and Agricultural Technology, Space Technology and Satellites, Nuclear Science and Atomic Energy, Biology and Biotechnology, Environmental Science, Computer Science and Information Technology

- So far three volumes have been published, which are:

Volume I Part-1:Hydrology, Part-2: Water Resources, Volume II Part-3: Water Resources in Tamil Nadu, Volume III Part-1: Agriculture, Volume IV Part-2 and Part-3: Horticulture and Forestry

- Translation of Siddha medical works into English in 8 volumes is in progress. The book on hand, "**Siddha Medicine Volume V: Diseases Related to Pittha**", is the second publication under this scheme.